



THE TWO OF US

When Bruno Met Brittany

On one of early Spring's gloriously sunny days, two global singing superstars met up for the first time on the Oval on Guildford Road. Well, they weren't the real Bruno Mars and Britney Spears, but their adorable namesakes in canine form.

Three-year-old Bruno Mars is a super-friendly cavoodle brought along by local owners, sisters Samantha and Charlotte. Bruno was a lockdown puppy who brought much joy into the family's home during a difficult year. He's Samantha and Charlotte's first dog, although their parents have been dog owners before. Samantha said that Bruno loves to play fetch with a tennis ball and that everyone tries to take it in turns to walk him, although that pleasure frequently falls to her Dad at the moment.

Steak is Bruno's favourite treat while Brittany (sic) is partial to some chicken. An adorable five and a half-year-old Havanese girl, Brittany enjoyed meeting Bruno and discovered that they even live on the same street. Owner Suzannah said that her sassy girl loves to snuggle and is a perfect couch companion, although she also loves zoomies on the beach whenever she can.

Initially Brittany wasn't too sure about the sea, but Suzannah says she's getting braver now and if she sees her owner on a surf board, catching a wave, she runs up to the water's edge to meet her. The day after our meeting Brittany was off to the grooming salon to freshen up her already gorgeous locks – maybe she really does take after her glamorous namesake!



Dogs Bruno Mars (right) and Brittany Spears with Brittany's owner Suzannah

Nurturing a Special Spot For Us All:



The tranquil open spaces at South Surrey Park (1)

In Surrey Hills we enjoy green places aplenty, with parks and sports grounds scattered liberally through our suburb. One of the most appealing parks - South Surrey Park – has a rich woodland replete with indigenous birdlife and plants. In Surrey Hills we also enjoy a strong volunteering culture. These characteristics come together in the Friends of South Surrey Park.

This park was created in 1936, before which it was farmland; a photo from the time shows the land as very eroded – Melbourne had experienced a major flood in 1934. The park follows Back Creek from Union Road to Riversdale Road and forms a link in Boroondara's biodiversity corridor. Back Creek is part of the Gardiner's Creek Catchment, and ultimately flows into the Yarra. The Friends work to support Boroondara Council and Melbourne Water to maintain and enrich this park.

The Friends of South Surrey Park are now celebrating their 28th year. Formed originally by local residents Julie Begg and John Fraser, the group began by clearing an array of exotic weeds and bushes to establish an environment where indigenous plants could thrive. Their work is carried out in co-operation with Boroondara Council. Today their main activities are weeding and infill planting, aiming to attract more small birds to the park and lessen the spread of weeds.

The Friends have a stable group of volunteers, and are always happy to welcome new faces. Between 10.00am and midday on Tuesdays the "Tuesday Toilers" meet to weed around the native plants to encourage them to prosper; and on the last Sunday in each month (again from 10.00am to midday) the group undertakes projects such as planting seedlings. They also work with the Aspect group and the local kindergarten to stimulate each group's interests in the natural environment. The Friends produce a monthly online newsletter detailing their recent activities and providing information on current activity in the park such as bird sightings. Their website includes a self-guided walk for visitors. Their efforts were recognised when the group received the

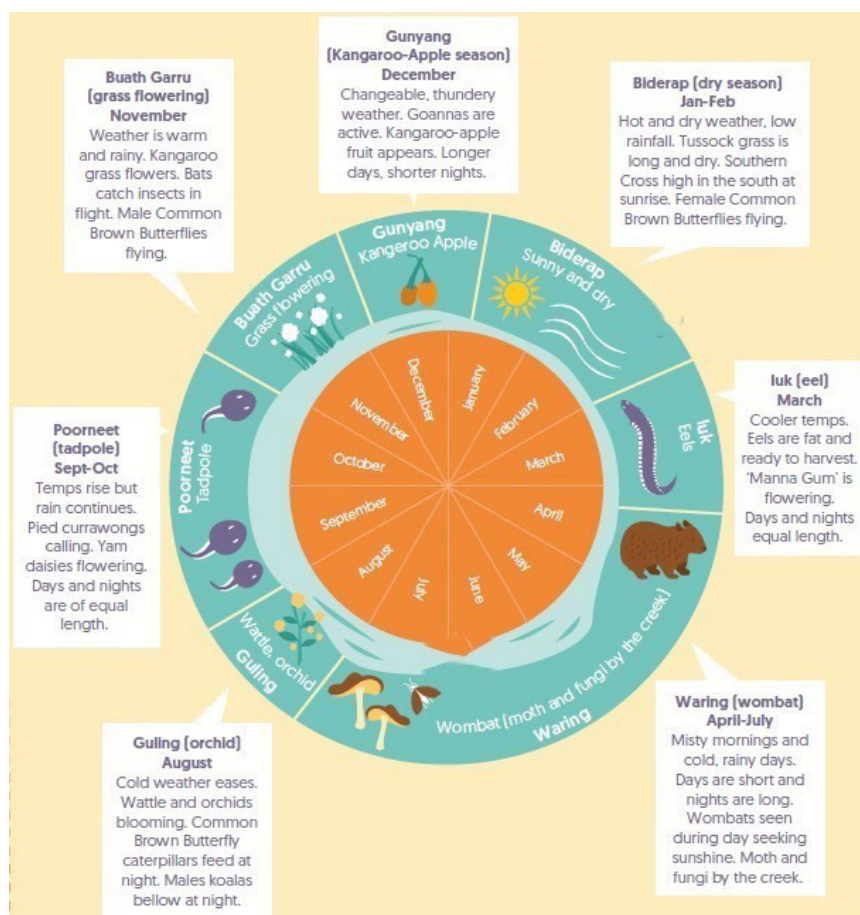
Boroondara's 2023 Volunteer Program Impact Award.

The result of this group's years of dedication to this small pocket of Surrey Hills is a bush environment rich with birdlife and spring flowers. You can find spots in the park where you are immersed in the bush, with no built environment in sight. Visit. Enjoy. Volunteer!

<https://www.southsurreypark.org/>
southsurreypark@gmail.com
<https://www.facebook.com/southsurreypark>



The tranquil open spaces at South Surrey Park (2)



The seasons of the Wurundjeri calendar.

ON WURUNDJERI COUNTRY

On Wurundjeri Country

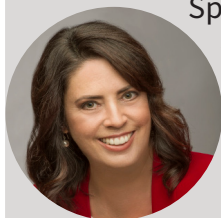
Wurundjeri Woi-wurrung people of the Kulin Nation recognise seven local seasons. It is Poorneet Tadpole season through September and October.

Temperatures are rising but the rain continues. Flax-lilies are flowering. Pied Currawongs call loudly and often. The flowering of plants such as Myrnong (Yam Daisy) indicates the tubers are ready for eating. Bulen-bulen (Superb Lyrebird) males have finished displaying.

Days and nights are of equal length.



Course Highlights



Spring has sprung and what a delight the weather has been! Here at the Centre we're enjoying the spring sunshine in our beautiful new courtyard. It's an absolute joy to see the neighbourhood doing so too.

There are people chatting to one another, others enjoying lunch at the new picnic table under the trees, some are sipping on coffees, or browsing through our book libraries whilst children play. Please do make the most of our gorgeous new space when you're next at Union Road. It's a wonderful time of year to be outdoors.

Since it opened, a number of people have asked me about the significance of the decorative painted totems and what the 'red thing' in the centre of the courtyard is!

The totems were originally non-structural pillars that were removed from partitions that once existed in the Chandler Room. This is the room that many people will have attended a party at during their time in Surrey Hills or Mont Albert. The totems were carved and then painted by local artists. They're now up-lit in the evenings and, if you look closely, you'll see a range of items of significance to our community decorating each of them.

The red weighing apparatus in the courtyard and the old weighbridge on the ground are historical remnants of a business that was here in the days before the Neighbourhood Centre. Armistead's, was a family operated business that provided firewood and briquettes in winter and ice for local residents' ice chests in summer. The weighbridge weighed trucks empty and then again with their load to calculate the cost of the wood or ice. The family had land out towards Seville / Warburton where timber was cut and transported to Surrey Hills by rail.

Back to the present day...

The Centre, together with the Union Road Traders, warmly invite you to join us for our **Christmas Vibes Festival** on **Saturday 9th December between 11am and 2pm**. Santa will be the star attraction of the day and he's bringing his thoroughly 21st Century photo booth so you can have your photo taken with him without having to brave the queues at shopping centres! We'll have a sausage sizzle and other treats, a jumping castle, face painting and Christmas crafts for the littlies. Choirs will be performing festive music, and there will be Christmas market stalls offering you high quality crafts to purchase as gifts. We hope that all will be bathed in glorious early summer sunshine. Put this event in your diary and we hope to see you there.

Rochelle Anderson, Centre Manager

Join us at Surrey Hills Neighbourhood Centre this Spring/Summer season for an exciting lineup of classes in Term 4! Whether you're looking to learn a new skill, stay active, or simply socialise with your neighbours, we've got something for everyone. Get ready to embrace the sunnier, warmer days! Whether it's exercise classes surrounded by our lovely outdoor spaces, or art classes that aim to unleash your creativity and colours of the season, our classes offer an appealing blend of learning and leisure.

Don't miss out on this chance to grow, explore and enjoy the season to the fullest. Register today and let's make this Spring/Summer one to remember together! Visit us at surreyhillsnc.org.au for a full listing of our classes and activities on offer.

Community

Christmas Vibes Community Event

Join us for some fabulous festive fun! Christmas crafts and activities for kids, photos with the 'man of the moment' (Santa!), carols and music entertainment, community BBQ and stalls.

Saturday 9 December 11.00am-2.00pm

FREE Carer's Walk and Morning Tea

Walks for Carers invites carers of people with disability, mental illness or aged persons a chance to attend free walking events in your local neighbourhood, to connect with other carers and learn about the supports available.

Second Monday of the month

13 November 2023 (then resuming in Feb 2024)

10.30am-12pm

Walk-ins welcome

English Conversation and Social Group for our Chinese Community:

刚来澳洲的你·还一直语言障碍羞于开口交友吗?因为语言不地道失去了你的自信心吗?来加入我们的华人英语培训小组。在这里这里我们热情专业的团队可以帮您锻炼提升英语会话技巧;在这里你可以认识更多的朋友·更有利于你快速融入社区重获你的自信心。我们的活动从10月3日起每周二上午 9.30 -11 : 00。参与费仅需5块钱每次。

\$5.00 per session

Ph: 9890 2467

E: reception@surreyhillsnc.org.au

Workshops

Bike Repair and Maintenance

Run by Boroondara Council, this popular, interactive course will guide you through essential skills to keep your bike in top condition, including safety checks, changing a flat tyre, adjusting brakes and other common issues.

Thursday, 26 October 6.30pm-9pm

\$22.50

Mosaics

Back by popular demand!

A hands-on workshop making either a mosaic garden wall plaque or bee bowl. Run over THREE Thursday nights in November, teacher Andrea Hughes will help you design and create your mosaic masterpiece!

Thursday 9, 16, 23 November 7pm-9pm

\$220 / \$205 (members) incl. materials

Children and Families

FREE 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.

• **Friday 13 October 10.00am-2.00pm**

• **Friday 10 November 10.00am-2.00pm**

• **Friday 8 December 10.00am-2.00pm**

Book via the 'SafeSeats' website:

www.safeseatssafekids.com.au

Playgroup, Parent-Led (1-5 yrs)

A friendly and relaxed playgroup for toddlers and preschool-aged children and their parents/carers. Meet other local families, play, talk and share experiences. Enjoy a range of indoor and outdoor toys.

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

Fridays, 9.30am-11am

Key dates: 13 Oct: Visit from Boroondara Library

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-12:00pm

• **Friday 13 October**

• **Friday 10 November**

• **Friday 8 December**

\$44 per session (includes 2 course lunch)

Fitness and Well-Being

Tai Chi - Self-Directed Sessions

Often referred to as 'moving meditation', our friendly Tai-Chi group will guide you through gentle movements and stretches to relax the muscles and promote a sense of wellbeing. All experience levels welcome! Experienced group members are happy to show beginners the basics of this nourishing mind-body practice.

Tuesdays, Thursdays and Fridays, 8:00am-9.00am

\$66 per term for two or more sessions per week

\$44 per term for one session per week

Ageless Grace

This wonderful class embraces research into how to slow 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, improved coordination and balance.

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

Mondays 9:15am-10.00am

\$19.80 per session (term or half-term commitment)

Mid-term enrolments available

Lynden Park Program!

A short, 5-minute drive from our Surrey Hills Neighbourhood Centre on Union Road, the spacious and well equipped Camberwell Petanque Club Building (just off Through Road), is a lovely location to run some additional activities on behalf of the Centre. **Please see below for Term 4 classes and keep an eye out for a wider range of activities in 2024!**

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

\$19.80 per session (term or half-term commitment)

Mid-term enrolments available

LYNDEN PARK: Strength Training for the over 60's

Focusing on stretching and strengthening. A gentle, all-over body workout.

Mondays: 9.30am-10.30am

\$10 per session (subsidised)

\$11 per session (full fee)

To book a course at Surrey Hills scan the QR code below or visit our website at www.surreyhillsnc.org.au.



Diary dates

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

Term 1, 2024

Term 1 commences
Monday, 28 Jan 2024

SHNC Music Festival
Saturday, 24 Feb 2024

Term 1 concludes
Thursday, 28 March 2024

TRADERS CORNER

Ross-Hunt Real Estate – 50 year anniversary

Ross-Hunt Real Estate – 50 year anniversary

Ross-Hunt are celebrating 50 years in business this year. They started in Hamilton St, moving to Norfolk Rd and finally to



The Ross Hunt team dressed in the 70's gear.

their current base in Union Rd in 2011.

Founding Partner and Managing Director, John Ross, started out as a builder, moving into real estate 1000 houses later.



The Ross Hunt team as they usually appear!

In later years, John has found time for further interests. He has a farm specialising in fine wool, and a salt-producing company - Pyramid Salt - where brine is pumped up from ancient seabeds, improving the soil as well as providing table salt used by many top chefs. There is also a joint venture in the Murray-Darling basin helping to keep salt out of the Murray system.

The building housing the business is almost as interesting as John! Built in 1891, the hall at the rear has been, amongst many things, a venue for concerts, theatre productions, wax works, dance classes and silent films. Meanwhile the shop fronts have ranged from undertakers to a confectioner.

Ross-Hunt is a family business in more ways than one. John's daughter is the General Manager and two of his grandchildren are employed there - but so are 50 others, such as Rhonda with 35 years of service. They are proud of the "family" and aim to provide a supportive, enjoyable and sociable workplace. As staff member Darren said "I've never worked anywhere that is so friendly and where people are so concerned about you".

When asked, it was felt the LXP had impacted them greatly. They had found ways to work online as a result of the pandemic. But they were very aware that not all of the local traders were so fortunate. To this end they chose to celebrate their 50 years at the local Surrey Hills Neighbourhood Centre, catered by as many Union Rd traders as possible.

A final word from John – "...it's never been about making money. It's about achieving".

Ross-Hunt Real Estate

99-105 Union Rd, Surrey Hills 9830 4044

W: rosshunt.com.au E: rosshunt@rosshunt.com.au

SUSTAINABILITY

Igniting your journey towards sustainable fashion

The clothes we wear have stories to tell. Some good and others not so good. In today's world, we are buying more clothes than ever before and discarding them just as fast. This is unsustainable, it's having a huge impact on our purse strings as well as environmentally and socially.

A t-shirt made of polyester from a fast fashion brand can tell the story of high energy use, massive carbon emissions, toxic chemicals and underpaid unsafe working conditions.

A t-shirt made of organic cotton tells a more positive story. Requiring zero toxic chemicals and 91 percent less water than regular cotton. Made locally by people who are paid a living wage this t-shirt also contributes to local economies and communities.

What can we do to ensure our clothing purchases tell

a positive story? What decisions will help us feel good about our own investment? Start by asking questions and thinking long term. Use these three tips to navigate your fashion purchases.

Firstly, reconsider. When buying new clothes, ask yourself "What is on the tag, what are my clothes made of?", "Where were my clothes made?" and "Can I buy this secondhand?"

Secondly, re-wear. By wearing our clothes more often we extend the life of our clothes, diverting them from landfill.

Thirdly, repair. Mending ripped seams or holes goes a long way to extending the life of our clothing.

By following these three simple tips our clothes contribute to positive stories, personally, environmentally and socially.

By Lalita Lowe, author of It's Time to Rethink Your Fashion

www.lalitalowe.com



Neighbourhood News Volunteer Deliverers needed!

If you're a walker and could deliver this paper on your walk six times a year, please contact us at reception @surreyhillsnc.org.au or on 9890 2467

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ARTS AND CULTURE

Book Review Spare Prince Harry

Penguin Random House UK

With first day sales exceeding 1.4 million copies, Prince Harry's memoir Spare has become one of the bestselling works of all time.



Dedicated to his departed mother as well as his wife and family, this book outlines the thoughts and feelings of Prince Harry, who, at the time of his birth, was second in line to the throne and affectionately called the "Spare" to his brother, the now Prince of Wales. It is part autobiography and part explanation as to why Prince Harry and his wife redefined their relationship with the Royal Family.

Many people questioned the reason why Prince Harry would air his private life. Maybe it was his way of finally taking control of the narrative that had for most of his life been manipulated by those around him including the British Press and the Royal Court. What is

presented is a frank and not entirely surprising insight into the life of a man, prince, father and soldier who tragically lost his mother at a very young age. Princess Diana's

death echoes through these pages as it obviously does in Prince Harry's life and relationships.

As well as the chasm that this has left in his life, Prince Harry highlights his ongoing battle with the British Press. Their vehement and relentless chasing has caused many heartbreaks, literally destroying relationships he held dear. Prince Harry also touches on his time at school and in the military as well as his continual battle with mental health issues.

Even though it is written chronologically, his relationship with Meghan Markle only appears two thirds into the book. Prince Harry's writing describes the romantic blossoming of the relationship and juxtaposes it with the brutal attacks of the paparazzi on not only their lives, but all connected with the couple. We are witness to the relentless pressure and lies created by the press in this modern-day love story. And then there's the inaction from those closest to Prince Harry in response to the media barrage.

Yes, Spare is worth a read. There are not too many real surprises here and nothing that would make one clasp those figurative pearls, but it is refreshing to discover the real person behind what the media portrays. At no time does the book cross into "woe is me" mode. It is calmly written with short chapters punctuating what must be an incredible and purely happenstance life.

Review by Chris Kabay from Red Brick Café

Nathan Paramanathan

28 November 1929-11 September 2023

Artist and Teacher

The T'ai Chi groups at Surrey Hills Neighbourhood Centre are mourning the passing of Nathan Paramanathan.

Nathan, with Shi Liang Yan, volunteered at the SHNC for over a decade, to teach T'ai Chi to the SHNC community.

What we appreciated in his teaching was his enthusiasm, his deep interest in perfecting his knowledge, and his creativity in presenting the different forms of T'ai Chi to us.

Nathan was a generous man and gave so much to SHNC community, which recognised his and Shi Liang's contribution by dedicating two benches in the cottage garden to them.

We appreciated and respected him. The groups continue to meet, building on the legacy of Nathan and Shi Liang.



Right: Nathan Paramanathan enjoying Tai Chi in better times

SURREY HILLS NEIGHBOURHOOD CENTRE PROUDLY PRESENTS

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