



Vineyard Medical Centre NewsLetter

2-6 Sussex Court,
Sunbury, 3429
Ph: 9216 5600
Fax: 9216 5699

November 2025

PROVIDERS AWAY

Please be advised that our providers will be away for a short period.
We appreciate your understanding.

Joe 29th Oct to 9th Nov
Faith 3rd Nov to 7th Nov
Chan 5th Nov to 10th Nov
Trisha 10th Nov - 14th Nov



Take charge of your health - book your cervical screening today!

Your wellbeing matters, and a quick, simple cervical screening with one of our friendly nurses can make all the difference.

We're excited to share that Erin is now an accredited Cervical Screening Test (CST) nurse!

The test is fast, confidential, and could help prevent cervical cancer before it even starts. Erin and our team make sure you feel comfortable and supported the whole way through - it's all about looking after you!

Don't wait - your future self will thank you!

Make your health a priority - Book your cervical screening today and take charge of your wellbeing.



Remembrance Day



On the 11th hour, of the 11th day, of the 11th month, a minute of silence will be held to remember our fallen soldiers.

Remembrance Day is a day to remember the sacrifices of Australians who patriotically served the country and protected it. They died for us, their families and for the country they believed in. Their sacrifices will not be in vain and will be remembered till the end.

They answered the call
With mighty hearts they took a stand
In the pursuit of liberty
they died on foreign land.

Those that made it home
Carry a burden within their soul
More years behind them now
Yet stories remain untold.

We may never understand it
Few hearts can comprehend
The courage one must possess
To rise and take a stand.

So I ask of you this
Dear friends and family
How will you remember
This most earnest legacy?

Will you bow your head in silence?
Offer a silent prayer?
Let's honour all they've sacrificed
For the freedoms we hold dear.

Poem done by - Natalie Ducey

Christmas Hours

Friday 5th Dec - 7.00am-4.00pm
Thursday 18th Dec - 7.00am-11.45am
2.00pm-6.00pm
Wednesday 24th Dec - 7.00am-1.00pm
Thursday 25th Dec - CLOSED
Friday 26th Dec - CLOSED
Saturday 27th Dec - Normal hours
Wednesday 31st Dec - 7.00am-1.00pm
Thursday 1st Jan - CLOSED
Friday 2nd - Normal hours resume

Public Holiday

Just a reminder that the clinic will be closed on the 4th of November due to Melbourne Cup.

Doctor Update

Due to high demand, Dr. Trisha Cunningham is currently not accepting new patients. We will provide an update as soon as her books reopen.
Additionally, Dr. Joseph Horvat and Dr. Anna Proietto are also not accepting new patients at this time. We appreciate your understanding.

Christmas Doors



VMC's elves are out and about, teaming up and getting their crafty hats on, ready for our annual Christmas door competition!

You might be wondering how you fit into this — we need you to help vote for the door you think is the best. After such a fantastic turnout in previous years, the pressure is on for this year's teams to make it even bigger and better!

So, keep an eye out for our little elves running around decorating, and come on in on the 1st of December to see these magical doors!



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Health Awareness Movember

This November, we're raising awareness for Movember – a global movement committed to tackling some of the biggest health issues faced by men: mental health and suicide prevention, prostate cancer, and testicular cancer.

Movember started in 2003 with just 30 men growing moustaches in Melbourne, Australia. Today, it's a worldwide campaign that has funded over 1,250 men's health projects and created real impact by sparking conversations and breaking the stigma around men's health.

How you can get involved:

Grow a Mo – Wear your moustache proudly to raise awareness
Move for Movember Run or walk 60km over the month for the 60 men we lose to suicide each hour, every hour, worldwide.

Host a Mo-ment – Gather friends, family, or colleagues to support the cause.

Donate –Every dollar helps fund groundbreaking men's health projects.

Together, we can help men live happier, healthier, and longer lives.
Let's change the face of men's health this November!



MOVEMBER.COM

D O N A T E N O W



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Specialist Focus

DR ZENIA CHOW

OTOLARYNGOLOGIST HEAD AND NECK SURGEON



Dr Zenia Chow, is a dual fellowship-trained Otolaryngologist, Head and Neck Surgeon with a special focus on Facial Plastic and Reconstructive Surgery.

Dr Chow studied Medicine at the University of Melbourne on a full academic scholarship, graduating with Honours. She trained at The Royal Melbourne Hospital, completed ENT training in Perth, and became a Fellow of the Royal Australasian College of Surgeons in 2013.

To further her expertise, she completed three international fellowships in Facial Plastics, Reconstructive, and Head & Neck Surgery in Both Australia and the USA- including time at the University of Virginia and the University of Washington with world leaders in the field.

Dr Chow enjoys caring for patients of all ages, from infants to adults, and welcomes referrals for all ENT conditions as well as complex facial reconstructive needs. Her passion is delivering excellent, personalised care.



To book an appointment with Dr Chow called 03 9081 9006.

A referral from your GP is required.





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Sarah's Kitchen



Brown Butter Berry Tea Cakes

Ingredients:

- 10 Tablespoons unsalted butter (142g)
- 4 Large egg whites
- 1 cup almond flour
- $\frac{2}{3}$ cups all-purpose flour
- $\frac{3}{4}$ granulated sugar
- $\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon lemon zest
- 1 teaspoon pure vanilla extract
- 1 cup blackberries, raspberries or blueberries



Method:

Step 1: Set out a medium heatproof bowl — you'll need it at the end of this step. Slice the butter into tablespoon-size pieces and place them in a saucepan. Melt the butter over medium heat, stirring or whisking constantly.

Once melted, the butter will begin to foam. Continue stirring or whisking for about 5–7 minutes; the butter will start to brown. Once it reaches a light caramel-brown colour, remove from heat immediately and pour it into the bowl, including any brown solids from the bottom of the pan.

Separate out 2 tablespoons of brown butter.

Cool the remaining brown butter for about 30 minutes in the refrigerator, or until it reaches room temperature and is no longer warm.

(Don't cool it for too long, as the butter will begin to solidify.)

Step 2: Preheat the oven to 180°C (350°F). Using a pastry brush, brush the cups of a muffin pan with the 2 tablespoons of brown butter.

Step 3: Using a hand mixer or a stand mixer (with the whisk attachment), whip the egg whites on high speed in a large bowl until soft peaks form — about 2–3 minutes.

Add the almond flour, all-purpose flour, granulated sugar, baking powder, salt, and lemon zest. Beat on low speed until combined. The mixture will be sticky, lumpy, and thick.

Pour in the vanilla extract and cooled brown butter, then beat on low speed until combined.

Step 4: Spoon 2 teaspoons of batter into each greased muffin cup. Lightly poke a berry into the centre of each — just press it gently on top.

Step 5: Bake for 14–16 minutes, or until the edges are golden brown. Remove from the oven and cool in the pan for 10 minutes before removing. The tea cakes will slightly deflate as they cool.

Step 6: To add a bit more fun, lightly sift icing sugar on top — or even a touch of brown sugar!