

TENANT Connect

Autumn 2018



Come Swish This Dish participants celebrate Christmas

In December 2017 community members gathered together to celebrate many things including new friendships formed and improved cooking skills. Read more on page 2.

Marion Office Opening Hours

The Marion Office is now open from 8.30am until 4.30pm. We are located on Level 1, 838 – 842 Marion Road, Marion. We are in the same complex as 99 Bikes (look for the big red building).

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on your
Energy Bills*

Junction
AUSTRALIA

Letter from the Editor



Welcome to the Autumn edition of Tenant Connect. With the festive season well behind us, we are all looking forward to a great year ahead. Here at Junction Australia, 2018 is shaping up to be a busy year and we look forward to sharing with you in the coming months many of the initiatives we have planned.

In this edition of Tenant Connect, you'll find lots of great information which can help you around your home or in your community. Neighbour Day is being celebrated on 25 March, this is a great opportunity to connect with your neighbours and develop strong supportive relationships. You will find a Connection Card on page 8 that you can cut out and drop in your neighbour's letterbox to invite them to celebrate with you or just to say g'day. Just by hosting a gathering, you can go in the draw to win shopping vouchers.

**AS WE EXPRESS OUR
GRATITUDE, WE MUST NEVER
FORGET THAT THE HIGHEST
APPRECIATION IS NOT TO UTTER
WORDS, BUT TO LIVE BY THEM.
- JOHN F KENNEDY**

We are introducing our creARTive Competition for all you budding artists out there and I strongly encourage you to enter. You have four months to get your artwork created and submitted with the judging happening in early July. For further details on this, please visit page 6.

There is also the Community Noticeboard, on page 4, where you can promote your business or share something personal like a poem or piece of art with fellow readers. We'd love to hear from you.

Most importantly, I want to encourage you to participate in shaping this newsletter. Tenant Connect should be a useful way we communicate and inform one another of developments. So if there are topics you would like to see included or shared, please let us know.

We hope you enjoy reading the Autumn edition of Tenant Connect.

Joanne Wilson
People and Places Team Leader

ABOUT YOUR NEWSLETTER

The Tenant Connect Newsletter is a quarterly publication that is created by the People and Places Team of Junction Australia in collaboration with you, our tenants. We use this space to communicate changes, provide updates and information about competitions you can enter, but most importantly to share your stories.

Are there any topics you want to read more or less about? Do you have a story other readers might enjoy? We'd love you to share them with us! This is your newsletter and we want it to reflect what you want to read and what you enjoy. To share your comments, ideas and contributions, call us on **(08) 8275 8700**, email us at **peopleandplaces@junctionaustralia.org.au**, write to us at **PO Box 493 Park Holme SA 5043** or speak to your Tenancy Officer.

COME SWISH THIS DISH



In July last year, we had five participants who completed The Big Dish Up cooking program. They enjoyed it so much that they wanted to continue meeting to improve their cooking skills, share a meal and continue their relations with the friends they had made. From this 'Come Swish This Dish' was born!

A group of passionate community members come together every fortnight at The Side Gate Café – Marion Church of Christ, to share their love for cooking, learning and connecting. Each session a different person takes the lead to come up with a plan for the next meal, sharing their recipes and ideas with the group.

If you are interested in learning more about this group and perhaps participating, please call Nat on **8275 8716** or email peopleandplaces@junctionaustralia.org.au.

Below is a shot of the Blueberry muffins made by the participants at **Come Swish This Dish**, Ellen's favourite recipe she has cooked.

FAVOURITE RECIPE OF ELLEN, PARTICIPANT OF COME SWISH THIS DISH BLUEBERRY MUFFINS

Ingredients

- 2 ¼ cups self-raising flour
- 90g butter, chopped
- ¾ cup firmly packed brown sugar
- 125g fresh blueberries
- 1 cup milk
- 2 eggs, lightly beaten

Method

Step 1

Preheat oven to 180°C / 160°C fan-forced. Grease a 12-hole, 1/3 cup-capacity muffin pan.

Step 2

Sift flour into a bowl. Using fingertips, rub butter into flour until mixture resembles fine breadcrumbs. Stir in sugar.

Step 3

Make a well in the centre of the flour mixture. Add blueberries, milk and egg. Gently stir until just combined. Spoon mixture into prepared muffin tin. Bake for 25 minutes or until a skewer inserted in centre of one muffin comes out clean. Stand in pan for 5 minutes. Turn out onto a wire rack to cool. Serve.



In all her years of amazing cooking, Ellen hadn't tried her hand at muffins until Come Swish This Dish. I am happy to report it was a complete success and it is something that Ellen now cooks frequently both savoury and sweet for herself and her family. Her husband's favourite are choc chip!

RECOMMENDATION TO CLEAN YOUR AIR CONDITIONER FILTERS

We have already experienced some classic Aussie hot summer weather with the anticipation of more throughout March. A good way to increase the effectiveness and save money when using your air conditioning unit in your home is to clean out the filter. This will also improve the quality of the air you breathe in your home.

As there are a large array of air conditioning units, please refer to your manual for the most effective way to clean it. Please ensure that you turn the unit off at the mains power point prior to cleaning.

Reduce your risk of bushfire and vermin and snake presence

To reduce your risk of bushfires affecting your property in these warmer months, ensure you clear your property of any excess waste, weeds, dry grass or anything that can be fuel for a fire within your yard.

In addition to minimising the threat of bushfire, it will also eliminate hiding places for vermin and snakes, keeping you and your family safer.

Tenant Property Improvement

We respect there may be some modifications you would like to do to your home to make it feel more like your own. You may wish to create a more comfortable environment or to make changes to feel more secure and we are happy for reasonable modifications to be made.

Tenants are required to complete the Junction Australia Tenant Property Improvement Request Form, return it to us, complete with:

- an explanation of the proposed property improvements
- a plan of the alterations
- a quote from a qualified tradesperson who will complete the works and
- Council approval if required.

Junction Australia will acknowledge receipt of your form within 48 hours of it being received. At that time we will advise that we will provide a final response in one month's time if approval cannot be granted immediately. Approval from Junction Australia will be confirmed in writing so you can confidently go ahead with the requested works.



POOL SAFETY



As a swimming pool owner you are responsible for safety.

Drowning is the biggest cause of accidental death for young children. Most occur in private backyard swimming pools. You can reduce the risk of accidents that are occurring in your swimming pool by installing appropriate safety barriers. These are required for all portable or above ground pools that have a filtration system.

It only takes 5 cm of water and a few seconds for a child to drown, with the actual drowning being very quiet. The most common factor for infant drowning is being left alone so ensure supervision at all times and never prop a pool safety gate open.

In a life threatening or urgent situation please call the emergency services on **000**.

Adapted from the sa.gov website

THE COMMUNITY NOTICEBOARD

We would like to invite you to advertise in your newsletter! If you have a small business that you run and would like to get the word out, please send us your details. If you have a poem you would like to share, a piece of art or a picture of your garden please send it in.

Big Hearted Michael

A soul-warming story about a tenant who has opened up his heart for HeartKids SA after hearing the story of Levi McCormack on 60 minutes. Born with only half a working heart Levi underwent multiple surgeries throughout his short life and sadly lost the battle three days prior to his 10th birthday.

Michael, a big hearted JA tenant built a Santa sleigh and decorated his home last year with Christmas lights to raise funds for HeartKids SA after hearing the sad story of Master Levi McCormack. He raised \$680!! However this wasn't Michael's first fundraising venture, prior to this Michael raised a whopping \$3,700 for Ronald McDonald House.

Michael gets his caring and helpful nature from his Mum and is following in his Mum's footsteps with the fundraising which is something he has been doing since the age of 16. Continuing with his passion to raise funds for those in need Michael hopes to complete a motorbike ride in memory of Levi to raise additional funds for HeartKids SA. He is also prepared to cut off his hair, shave his beard and have an all over body wax!

In his own words, Michael said, "As long as I make other people happy, it makes me happy." A huge thank you to Michael for having such a generous heart and thinking of others in your community.

Mitchell Park Complex Upgrade

Junction Australia proceeded in 2017 with developmental plans for a small complex in Mitchell Park and has worked with those tenants to find them better suited homes. Here is a great story from two of our tenants who were involved in this process.

Peter and Marie moved to their new Park Holme property in December 2017 after being offered a newer and more open home. They had lived in their previous home for 13 years prior to receiving the offer to move, which they gladly accepted.

Marie and Peter thanked Junction Australia for linking them in with financial counselling services and the services of 'To Keep or Not to Keep' - both of which assisted the pair during their move. Marie states that the new house is much more spacious and more suitable for them. Peter added that he likes the location of the new home too. We hope you enjoy your new home Marie and Peter.

Harmony Day, Wednesday 21 March

Wednesday 21 March is Harmony Day, a celebration of our cultural diversity – a day of cultural respect for everyone who calls Australia home. Held every year on 21 March, the day coincides with the United Nations' International Day for the Elimination of Racial Discrimination. We invite you to celebrate the cultural diversity that makes Australia a great place to live.



RIPE NEAR ME

Ripe near me is a website where you can find locally grown food you can purchase or collect for free, just enter your postcode and see what is available near you.

If you have any excess fruit or vegetables you have grown, you can register it on this website also and perhaps make a little money from your harvest. This process helps eliminate food waste, enables healthier eating and access to the best local home grown, in season food. www.ripenear.me

Introducing the Customer Service Team

Your Customer Service Team are the delightful people that greet you when you visit or phone either of our main offices, (Marion or Parkside). They answer your phone calls, direct your enquiries and process your rental payments, all with a smile.

They have all required forms at the ready for whatever you may need and can answer most of your questions at the drop of a hat, as they are that knowledgeable!!

Shortly one of your Customer Service Officers will be able to converse with you via Auslan sign language as they are currently studying this to be able to serve you better.

National Receptionists day is Wednesday 9 March; if you happen to be visiting around this time, please join us in celebrating all that they do for us. We would be lost without the support these wonderful individuals offer to our offices.



Sam, Customer Service Officer, Marion Office

TELECROSS REDi

The Telecross REDi service supports people by calling them daily during extreme heat events, in particular when temperatures are forecast to be extremely high for three or more consecutive days.

How does Telecross REDi work?

Once you are registered, Red Cross volunteers will call you each day to check on your wellbeing when the service is activated. The callers will ask you how you are coping and remind you of important things to assist you through the extreme weather.

If a call goes unanswered or if you are in distress, an emergency procedure is activated to support your safety and wellbeing.

Who can use Telecross REDi Service?

People in the community who are at risk during extreme weather events can be assessed for eligibility to be registered for the service.

This may include people who live alone, have a disability, are housebound, frail, aged, recovering from an illness or accident, have an ongoing illness such as diabetes or a heart condition.

Is there a cost for Telecross REDi?

Telecross REDi is provided free of charge.

Information provided by the Australian Red Cross



For further information and registration

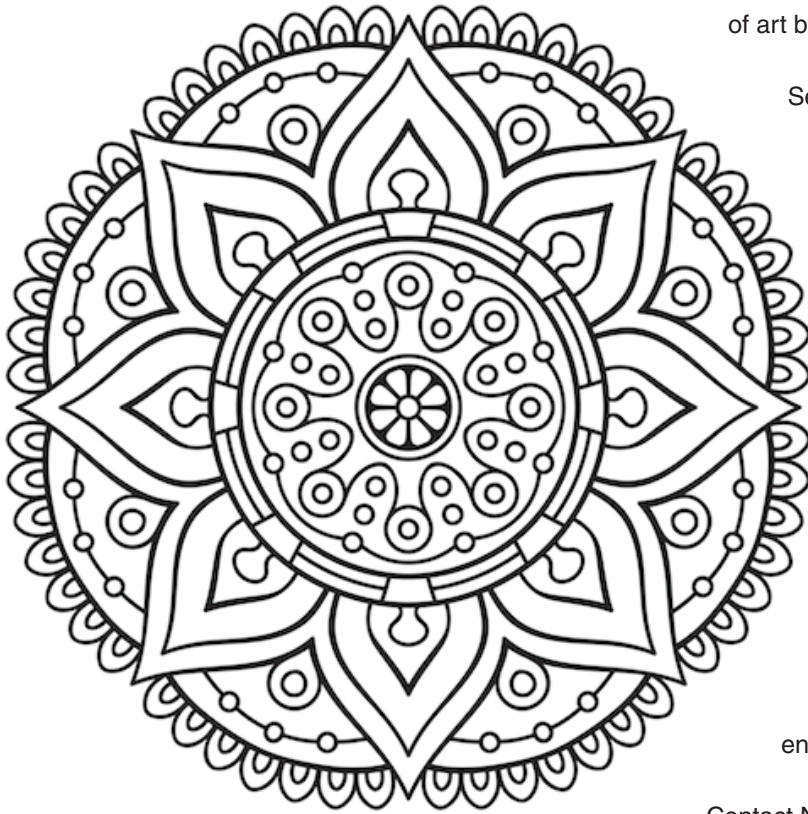
CONTACT US
telecrossredi@redcross.org.au
1800 188 071



the
power of
humanity
redcross.org.au

CREATIVE COMPETITION

We would like to celebrate your creativity and all the different forms of art being created out there.



Send us a picture of your artwork to be entered into our creARTive Competition. We will display it online for the Junction Australia community to vote on their favourite from each of the three categories, with the winners being announced in July.

The three categories are:

Painting - This can include drawing or any form of painting

Sculpture - This can include pottery, metal works, wood carvings and ceramics

Photography - Be as creative as you'd like to be

There is the opportunity to **win cash prizes!!**

If any of your artwork includes people, you will need to ensure you have consent for it to be displayed online.

Contact Nat on **8275 8716** or via email **peopleandplaces@junctionaustralia.org.au** to receive your entry form and information pack.

WINNERS OF THE 2017 TENANT GARDENING COMPETITION

Thank you to all tenants who entered our 2017 Gardening Competition. We had an overwhelming response which made it hard to select only six winners! Our CEO, Maria and Executive Manager, People and Culture, Kathryn were armed with this difficult task and selected the winners as listed below:

Attractive Low Maintenance Winner: Trisha

Best Front Garden Winner: Ester

Best Veggie Patch Winner: Aaron

Best Rear Garden Winner: Rodney

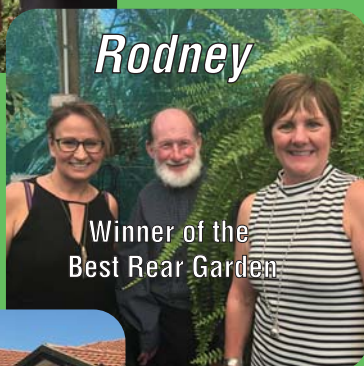
Most Creative Garden Winner: Robyn

Stay tuned for further information on the 2018 Tenant Gardening Competition in our next edition of the newsletter.



Winner of the Most Creative Garden

Robyn



Winner of the Best Rear Garden

Rodney



Winner of the Low Maintenance Garden

Trisha

SAVE MONEY ON YOUR ENERGY BILLS

ENERGY SMART SOUTH AUSTRALIA



We are all looking at ways to save a dollar here and there, so read on to find out how you can reduce your energy bills!

Negotiate a better energy deal

When calling up energy retailers, strengthen your negotiating position by telling them that you're shopping around for the best deal.

www.EnergyMadeEasy.gov.au is an independent government funded comparison website which can show you how much money you could save by switching energy retailers.

Switch off and save

The average household spends over \$250 a year on standby power. The best way to stop this is to switch appliances off at the wall when not in use. These are appliances like microwaves, TV's, computers, set top boxes, battery chargers, WiFi, home entertainment appliances to name a few.

Have a look around your home and flick the switch!

Watch your thermostat

If you have an air conditioning unit the recommended temperature to set it at during summer is between 24 – 27°C and in the winter between 18 – 21°C. Every degree you raise or lower your thermostat can increase your heating or cooling costs by up to 10%!

Cut your lighting bills

Lighting can account for about 7% of the energy used in your home. Energy efficient globes can save a lot of money. For example an LED downlight can last for up to 50,000 hours and reduce energy use by up to 83%. Other ways of saving money is to turn off lights that you aren't using, utilise daylight as much as possible and installing skylights and light tubes – ensure to apply for approval from Junction Approval via the Tenant Property Improvement Request Form.

Adapted from the EnergySmart South Australia booklet

HERBS AND VEGETABLES TO GROW IN AUTUMN

Time to start getting your Autumn veggies planted! When planting it's a good idea to keep some basic companion planting principles in mind. See below for information on positive companion planting.

Now is an ideal time to plant:

- Chives
- Coriander
- Marjoram
- Oregano
- Mustard
- Parsley
- Cauliflower
- Celery
- English spinach
- Silver beet
- Lettuce
- Peas
- Citrus trees
- Avocado tree
- Olive trees by the end of March
- Broccoli
- Cabbage
- Broad beans

Companion planting

Beans like to grow with broccoli, cucumber, lettuce, cabbage and cauliflower. Potatoes like to grow with broad beans, broccoli, cabbage and peas. Carrots like to grow with beans, cucumber, lettuce, onions, peas and tomatoes.



Adapted from About the garden.com.au

NEIGHBOUR DAY SUNDAY MARCH 25, 2018

The importance of a Supportive Neighbourhood for Children and Young People

Neighbour Day is Australia's annual celebration of community, encouraging people to connect with those who live in their neighbourhood.

It began in March 2003 when Andrew Heslop was moved by the story of Mrs Elsie Brown who passed away and two years later her remains were found in her home – forgotten by neighbours, her friends and family.

Andrew was inspired by his late grandparents and his own neighbour – 83 year old Clive Tayler of Albert Park. An active resident in the street, Clive mowed the nature strips of his neighbours, picked up the rubbish and recycling bins on Monday mornings, mended loose gates and took care of the odd jobs which needed to be done.

Always good humoured, gentle and kind, Clive was never intrusive – proving you can be a great neighbour without actually becoming intimately involved in other people's lives.



So Andrew's concept was refined, renamed and on Sunday 30 March 2003 the first Neighbour Day was observed. Since 2003, Neighbour Day has progressed from a reminder to connect with elderly neighbours to an annual celebration of strong communities and friendly streets. People of all ages participate because everyone, everywhere is a neighbour no matter where you live or your personal circumstances.

So we challenge you to reach out and connect with your neighbour, make use of the "Connection Card" below and introduce yourself, organise a catch up at the local park for a nice stroll or for your children to play, have a chat over the fence, or share a cuppa. Remember the community you want starts at your front door.

Cut out the Neighbour Day Connection Card below and get to know those that live around you. Happy Neighbour Day from the JA Staff!

To go in the draw to win 1 of 10 vouchers valued at \$100 register your Neighbour Day event at:
neighbourday.org/get-involved/event-registration

Information source – neighbourday.org

G'day neighbour,

- I/we: ☐ may not have met
☐ have known you for many years
☐ would like to welcome you to the neighbourhood,

- And would like to: ☐ say thanks for being a good neighbour
☐ just say hi
☐ introduce myself/family
☐ invite you to have a cuppa
☐ invite you to a street BBQ

When: _____ Where: _____

- From your neighbour: ☐ down the road
☐ to the left/right
☐ across the road

Address: _____

Who lives at our house: _____

Phone number: _____

www.neighbourday.org

The community you want starts at your front door™

It's almost Easter Time



This activity isn't only for children. Adults grab your colour pencils and enjoy some down time.



www.neighbourday.org

[@NeighbourDay](https://twitter.com/NeighbourDay)

[f /neighbourday](https://facebook.com/neighbourday)

[ig /neighbourday](https://instagram.com/neighbourday)

BIRYANI

Special Indian Cuisine

Cooking time: 60 – 90 minutes Servings: 6 approximately

Ingredients:

- Basmati Rice 500g
- 1kg lamb, diced pieces
- Garam Masala 2 tsp
- Red chillies 6
- Cashew nuts, a handful (optional)
- Handful of coriander
- Onions (sliced fine & fried till crisp) 2-3 medium sized
- Saffron (2 pinches of saffron dissolved in $\frac{3}{4}$ cup milk)
- Greek yoghurt 1 cup
- Juice of 2 lemons
- Ghee/melted butter 5 tbsp
- Salt to taste

Method:

1. Grind red chillies and cashews to a fine paste.
2. Marinate lamb pieces with yoghurt, $\frac{1}{3}$ part of fried onion and above chilli paste for at least 30 mins (marinating for 4 hours or overnight is preferable).
3. Boil the rice until it's half done, drain the remaining water and keep it aside (add salt to taste).
4. On stove, on simmer, in a pot, heat $\frac{1}{2}$ part of ghee/ butter and add marinated lamb pieces and spread half cooked rice evenly over it.
5. Quickly garnish it with garam masala, saffron soaked milk, lemon juice, fried onion slices and finely chopped coriander and add rest of the ghee/melted butter and leave it on simmer for at least 15 mins.
6. To check if it's done, dip the wooden spoon in the pot and if comes out clean, it's done.
7. Ready to serve (mix remaining rice with lamb for better taste).

This recipe was kindly supplied by our tenant Khadija. Thank you for sharing with us all.



A wonderful delicious traditional Indian meal which can be enjoyed by family and friends

10TH ANNIVERSARY OF THE NATIONAL APOLOGY TO AUSTRALIA

Tuesday 13 February marked the 10th anniversary of the National Apology to Australia's First Peoples, the Survivors of the Stolen Generations. This is a powerful moment of healing, and important moment in our nation's history that must never be forgotten. Junction Australia respectfully acknowledged this anniversary with Survivors at the Adelaide Convention Centre on Monday February 12.

We are proud to show our support for the reconciliation movement and announce the completion of our Reconciliation Action Plan. This has now been submitted to Reconciliation Australia for approval – we'll keep you posted on our Facebook page as to the progress.

Junction Australia staff and Board Members at the 10th Anniversary of the Apology Breakfast.



To keep up to date,
follow us on our Facebook page
'Junction Australia'



Contact Us – Junction Australia Housing Services

Marion Office Level 1, 838 – 842 Marion Road, Marion
Office Hours 8.30am – 4.30pm

By phone (08) 8275 8700

Maintenance (08) 8210 7010

By mail PO Box 493 Park Holme SA 5043

By email housing@junctionaustralia.org.au

Online junctionaustralia.org.au

Facebook Junction Australia

Junction Australia's registered community housing provider is Junction and Women's Housing Ltd.

Bank Westpac BSB: 035 053 Account No: 298 277 Account Name: Junction and Women's Housing Ltd

*Please quote your Unique Payment Reference Number when paying by EFT, Westpac deposit and cheque/money order.



Junction Australia acknowledges that we are living on Traditional Aboriginal lands and we offer our continued respect to Aboriginal people past and present.