

# TENANT Connect

Summer 2017



GRAHAM,  
JUNCTION AUSTRALIA TENANT,  
IN HIS GARDEN.

## Tenant Gardening Competition

We've had an enormous response to the 2017 Gardening Competition and enjoyed seeing the entries. Winners will be announced in the coming weeks, but in the meantime you can see some of the entries on page 2.

## Website Makeover

The Junction Australia website has had a makeover and we invite you to take a look

[www.junctionaustralia.org.au](http://www.junctionaustralia.org.au)

Whilst there we also suggest that you have a look at the updated Tenant Handbook found under 'Policies and Fact Sheets'

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**Junction**  
AUSTRALIA

# Letter from the Editor



Jo Wilson  
People & Places Team Leader

**Welcome to the Summer edition of Tenant Connect, where we provide information, updates and know-how about the things that are relevant to you, our Tenant-readers.**

I'd like to take this opportunity to say a big "Welcome" to our Morphetville and Fleurieu tenants whose homes have now been transferred over to Junction Australia's management. We hope the transfer has been smooth and we would like to encourage you to raise questions or queries to our team who are here to help!

Junction Australia manages over 2,200 properties, but more importantly, we work with over 8,000 people every year from a range of backgrounds, cultures, lifestyles and more.

**"SPREAD LOVE  
EVERYWHERE YOU GO.  
LET NO ONE EVER COME TO  
YOU WITHOUT LEAVING  
HAPPIER."  
– MOTHER THERESA**

If you would like to learn more about the work our dedicated team do in the community, please visit our website. There you can also provide feedback, find frequently asked questions and other information.

In this edition of Tenant Connect you will find updates on recent news including the exciting Tenant Gardening Competition, tips for staying safe in summer, how to keep your brain healthy and more! Summer is a great time of the year to get out and about, enjoy a little sunshine (while staying sun smart) and celebrating the holiday season with friends, family and loved ones. It can also be a lonely time for many, so I encourage you to be that little bit kinder as you never know what struggles someone else may be facing.

If you are feeling alone or experiencing depression this holiday season, please reach out for support. Organisations like Lifeline (13 11 14) and Beyond Blue (1300 224 636) are able to help.

We hope you enjoy this newsletter and from all of us here at Junction Australia we wish you Happy Holidays and a prosperous New Year!

## THIS IS YOUR NEWSLETTER!

Do you like what you're reading? Are there topics you want to read more or less about? Do you have a story other readers might enjoy?

Tell 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.



# TENANT GARDENING COMPETITION UPDATE

In mid-November the final judging of the Tenant Gardening Competition took place thanks to the help of our judging panel. Made up of our CEO, Maria, People & Culture Manager, Kathryn and People & Places Coordinator, Amelia, visited the gardening competition finalists to meet the entrants and see their gardens firsthand. With an overwhelming number of entrants for the competition, our team were delighted to see so many creative gardens that have taken hard work and ongoing maintenance.

Winners are being notified in late November and we look forward to sharing those results in the Autumn edition of Tenant Connect in the New Year, but keep an eye on our Facebook page and website as the winners will also be announced there! In the meantime we have shared stories from four of the gardening competition entrants below:



## AARON'S GARDEN

This amazing vegetable garden belonging to Aaron produces a large variety of vegetables including kale, spring onion, horse radish, iceberg lettuce, strawberries and much more. Aaron has also planted trees alongside the vegetable patches which produce granny smith apples, royal gala apples and lemons. Aaron says his chickens are a great help too, happily consuming the scraps from the garden. All of these great vegetables go inside to Aaron's kitchen to be cooked and shared with others!



## CAROLYN'S GARDEN

Carolyn's front and rear gardens are complete with luscious lawn and bright plants. Carolyn told us that her garden gives her pets room to play and space for her to relax. The rear garden features a memorial section, an array of different types of mint, and a grand old tree shading almost the entire yard. A combination of floral plants, lavender and mint creates a beautiful aroma that fills the whole garden!



## GRAHAM'S GARDEN

Graham's garden boasts a selection of beautiful bright plants and shows his creativity too, including recycled materials which are used to enhance the accessibility of his garden. Graham says he is often found working on his garden, listening to some quiet music and enjoying the happiness it gives him. In his vegetable garden, Graham grows an array of produce including chilies, tomatoes, carrots and more.



## STEPHEN'S GARDEN

Stephen impressed Junction Australia workers with a tour of his very creative front and rear garden, pictured here growing tomatoes in an old wheelbarrow. Stephen demonstrated how he uses many different ideas to create a garden that stands out from the crowd, including a hedge that surrounds his letterbox! Roses and herbs are in abundance in this beautiful garden. Stephen says that his garden gives him a place to dream.

**Thank you for sharing your gardens with us, keep up the great work. We encourage you to start on your gardens now for next year, and we look forward to seeing their growth!**

# SUMMER TIPS & TRICKS!

This summer make sure you protect yourself from the sun's harmful rays by following these 5 easy steps.

## SLIP, SLOP, SLAP, SEEK & SLIDE

1. **Slip** on clothing that covers as much skin as possible; it's one of the best barriers between your skin and the sun
2. **Slop** on a SPF 30 or higher, broad spectrum sunscreen 20 minutes before going outdoors, and remember to reapply regularly
3. **Slap** on a hat that provides protection to your face, neck and ears
4. **Seek** shade when outdoors, staying under a tree or umbrella can reduce your overall exposure to UV radiation
5. **Slide** on some sunglasses that are close fitting, wraparound and cover as much of the eye area as possible.

*Adapted from [cancersa.org.au](http://cancersa.org.au)*

# SAFETY AT THE BEACH

Australian beaches are some of the best in the world. Here is how you can enjoy a day at the beach safely and help prevent accidents or injury.

To make sure you are safe when swimming at the beach remember:

## F.L.A.G.S:

1. **Find** the red and yellow flags and swim between them
2. **Look** at, understand and obey the safety signs
3. **Ask** a lifeguard or lifesaver for advice before you enter the water
4. **Get** a friend to swim with you
5. **Stick** your hand up, stay calm, and call for help if you get into trouble.

If you find yourself in trouble, you should conserve your energy by floating on your back and staying calm. This will ensure you have the energy to remain afloat until assistance arrives.

*Adapted from [healthdircet.gov.au/beach-safety](http://healthdircet.gov.au/beach-safety)*



# PREPARE YOUR HOME FOR BUSHFIRE SURVIVAL



Heading into the warmer months it is crucial for you to have a bushfire plan and prepare your home for bushfire survival. Even if you believe you live in a low fire-risk area, the Sampson Flat fires of 2015 have shown us how quickly a fire can spread into the suburban fringe.

Please find a few suggestions below to help protect your home:

- Starve the fire by clearing vegetation and rubbish away from your home
- Create a defendable space by carefully managing trees close to your home and reducing vegetation for 20 metres
- Fill the gaps where embers might enter or catch

A well prepared home:

- Can be easier for firefighters to defend
- Is more likely to survive
- Is less likely to put your neighbours homes at risk
- Will give you more protection if a fire threatens suddenly and you cannot leave and have to take shelter.

# INTRODUCING THE COMMUNITY NOTICEBOARD IN TENANT CONNECT

A place where you can share information about your small business, a hobby, a group you coordinate, a piece of art you've created or anything you feel relevant. We want you to share what you're doing and what you're proud of.

To kick off the community noticeboard here are some amazing tenant stories and a community exchange program that may be of interest.

## Going above & beyond

One Junction Australia tenant, Ashley, lives in a unit block and has shown great community spirit in helping his neighbours. One of his neighbours had fallen ill, so to help him out Ashley has been mowing his neighbours lawn. Another neighbour had been having trouble keeping her front yard in order and again Ashley stepped in to assist. He also mows the lawns of all 4 of the units in his complex, all this whilst working full time. Thank you Ashley for showing such great community spirit. We have nominated you for the most helpful person in our 2017 Gardening Competition.

## ***“It was the best thing that has ever happened to me”***

Tim from the Fleurieu Peninsula received a life changing phone call from Junction Australia five years ago. Tim had been living in his car with a broken leg and was in a pretty bad way when he received a call from Junction Australia to ask if he would like to view a potential home. Tim couldn't believe his luck and accepted the property, saying “it was the best thing that has ever happened to me”.

Tim now stays connected with fellow tenants at the quarterly catch ups and has recently entered our gardening competition (*see picture*).

## Adelaide LETS program

Short on money this week but really need assistance?

Adelaide LETS (Local Exchange Trading System) is a non-profit community exchange system that allows its members to trade goods and services without the need for direct bartering or money. Please visit [letsadelaide.org](http://letsadelaide.org) for further information



## HOLIDAY TRADING HOURS

**Parkside & Regional offices** - Business as usual, only closing on public holidays (25<sup>th</sup> and 26<sup>th</sup> of December 2017, and 1<sup>st</sup> of January 2018).

**Marion & Christies Beach offices** – Business as usual, only closing on public holidays (25<sup>th</sup> and 26<sup>th</sup> of December 2017, and 1<sup>st</sup> of January 2018).

From the 2<sup>nd</sup> of January 2018, **all offices** will be back to regular hours, 9am – 5pm.

For all maintenance requests call (08) 8210 7010. Our afterhours service support will be able to assist you with your emergency maintenance requirements.

# Introducing the People and Places Team

Junction Australia's People and Places team is here to provide support to you. As a Community Housing provider we believe there is more to our role than bricks and mortar. We appreciate that behind signing leases, inspections and maintenance there are people, families and individuals.

If you would like the opportunity to become more involved in your community, we are the people to talk to. If you would like support when facing hard times we can connect you with local service providers for that support. If you would like to provide us with feedback, we are here to listen and assist where we can.

Successful community engagement is best led by you the community, so please share with us your ideas and needs and we will work alongside you to make it happen. We will also work in partnership with multiple services to deliver meaningful programs and activities.

Please feel free to connect with us via email, phone or a visit to our Marion office. **We would love to hear from you and work together.**

E: [peopleandplaces@junctionaustralia.org.au](mailto:peopleandplaces@junctionaustralia.org.au)  
P: 8275 8700



Pictured: Jo, Sarah, Nat and Amelia from the People & Places team

## BRAIN HEALTH

Just like our physical health, we also need to look after our brain health. Maintaining a healthy brain can assist in warding off dementia and other brain related diseases.

Here are 5 simple tips to maximise your brain health:

### Step 1 – Look after your heart

Did you know what's good for your heart is good for your brain? Having high blood pressure, high cholesterol, type 2 diabetes, being obese and smoking all increase the risk of developing dementia.

### Step 2 – Do some kind of physical activity

Regular physical activity is associated with better brain function and reduced risk of dementia.

### Step 3 – Challenge your brain

Being mentally active throughout your life is important for brain health. This can be reading, doing puzzles, learning a new sport, playing a musical instrument or learning a new language to name a few!

### Step 4 – Follow a healthy diet

Evidence suggests that a healthy balanced diet may help in maintaining brain health and functionality.

### Step 5 – Enjoy social activity

Being socially engaged is good for our wellbeing and brain health. It not only helps to keep us connected with the world around us, but also stimulates our brain.

It is never too late to begin!

*Adapted from [yourbrainmatters.org.au](http://yourbrainmatters.org.au)*



# LOST YOUR KEYS OR LOCKED YOURSELF OUT?

If you are unable to enter your property as a result of locking your keys inside or have misplaced your keys, it is your responsibility to arrange for the attendance of a locksmith and to pay for any associated costs. If you are locked out after standard business hours and are unable to find a locksmith, you may contact our maintenance team who can supply a locksmith at a cost to you.

These are some steps you can take to avoid getting locked out. Have a spare key cut that you can leave with a trusted friend or family member that lives close by. Purchase a fake rock for your garden that you can place your keys in (see picture). These can usually be found at gardening and discount stores.

It is also your responsibility to maintain your windows, if any of your windows break or are smashed, you will need to organise a glazier to repair it. If you are unable to pay for a glazier and your home is not secure, contact us as we will coordinate for the window to be boarded up giving you 14 days to coordinate a glazier to replace the board with a window.



## BZZZZ.... BEES AND WASPS

At this time of year you may find an influx of bees or wasps around your property. Bees in a swarm are NOT aggressive or inclined to sting unless provoked. Bees are good for the environment and need to be saved by relocation if they are causing problems for you.

For further details around relocations please visit [bees.org.au](https://bees.org.au) to coordinate their relocation.

Do not try to tackle the swarm, spray with insecticide or remove the swarm yourself.

If the bees have found their way into your home, ie your wall cavities, chimney or at the front porch please contact Junction Australia's Maintenance Team to organise removal.

However if they are European wasps, they must be reported to your local council.

# NATURE PLAY IN SA



St Kilda Adventure Playground

Nature play playgrounds have been popping up all over Adelaide recently, replacing the traditional multiplay playground equipment once found in many places. They offer more fun for kids who really love variety, especially unusual play equipment such as at the St Kilda adventure playground.

Nature play is all about stimulating children by encouraging them to interact with their environment. If you don't have time to travel to a national park or recreation reserve, a local nature playground is a fabulous alternative. New nature playgrounds in Adelaide aim to recreate natural landscapes in miniature. These playgrounds have contoured or uneven surfaces, often with logs, steps, running water and a sandpit.

Here are a few **nature playgrounds** in and around Adelaide:

- Bristow Smith Reserve, Barrage Road, Goolwa South
- Jervois Street Reserve Playground, South Plympton
- Katherine Street Reserve Playground, Fullarton
- Morialta Nature Playground, Morialta Conservation Park
- Nature Play in Adelaide Parklands
- Ossie Goldsworthy Reserve Playground, Blackwood
- St Kilda Adventure Playground
- The Great Garden, Ramsay Place, Noarlunga Centre
- The Adelaide Zoo's Nature Playground

Here are a few **playgrounds and walking areas** in and around Adelaide:

- Bonython Park Playground, Port Road, Adelaide
- Bush Magic Playground, North Adelaide Hallett Cove
- Conservation Park
- Christies Beach Lions Park, Beach Road
- Glenelg Foreshore Playground
- Goldenfields Reserve, The Golden Way, Golden Grove
- Grant Place Reserve, Flinders Park
- Hart's Mill, Port Adelaide
- Helicopter Park, North Adelaide
- Jubilee Adventure Playground, Port Noarlunga South
- North Adelaide Playspace, corner of Bundeys Rd and
- MacKinnon Parade, North Adelaide
- Rymill Park, Rundle Road, Adelaide
- Thalassa Park, Aberfoyle Park
- Victoria Park Loop

**Enjoy the holiday period with the little people in your life and the great outdoors!**

## GARDENS – WHAT TO GROW IN SUMMER

Gardening is a fun activity for children and adults to participate in. Children will enjoy witnessing the miracle of something emerging from a tiny seed with the support of their love and care along the way. Plus you get to eat yummy fresh vegetables!

Now is an ideal time to plant:

- |            |             |              |              |
|------------|-------------|--------------|--------------|
| • Basil    | • Chives    | • Parsley    | • Squash     |
| • Beans    | • Coriander | • Pumpkin    | • Sweet corn |
| • Beetroot | • Cucumber  | • Radish     | • Tomato     |
| • Capsicum | • Eggplant  | • Rhubarb    | • Watermelon |
| • Carrots  | • Lettuce   | • Rocket     | • Zucchini   |
| • Chilli   | • Oregano   | • Silverbeet |              |

Always read the packaging for tips on how to grow and care for the vegetables.



# UNDERSTANDING DIFFERENT CULTURAL CELEBRATIONS DURING THE HOLIDAY SEASON

## **Hanukkah** 12 December – 20 December, 2017

Hanukkah is the Jewish Festival of Lights and it remembers an ancient miracle in which one day's worth of oil burned for eight days in their temple. During Hanukkah, on each of the eight nights a candle is lit in a special menorah (candelabra) called a hanukkiyah. Families enjoy fried foods, especially special potato pancakes called latkes, sing songs, share special prayers and spin a top called a dreidel to win chocolate coins, nuts or raisins. The dates of Hanukkah are determined by the Hebrew calendar. Interesting fact, the Jewish day begins at sunset.

## **Christmas Day** 25 December

Christmas Day falls on December 25 each year and is an occasion for Christians to celebrate the birth of Jesus Christ. Many people, even if they are not Christian, give each other gifts, attend church, share special meals and decorate their homes at this time of year. Many aspects of the Christmas celebration originated from winter celebrations in Europe, however they are increasingly influenced by the Australian climate and wildlife.

## **Kwanzaa** December 26 2017 – January 1, 2018

Kwanzaa which means "First Fruits", is based on ancient African harvest festivals and celebrates ideals such as family life and unity. During this spiritual holiday, celebrated from December 26 to January 1, millions of African Americans dress in special clothes, decorate their homes with fruits and vegetables, and light a candleholder called a kinara.

## **New Year's Eve** December 31, 2017

In Ecuador, families dress a straw man called "Viejós" in old clothes on December 31. The straw man represents the old year. The family members make a will for the straw man that lists all of their faults. At midnight, they burn the straw man in hopes that their faults from the previous year will disappear with him.



## **Chinese New Year** February 16, 2018

Many Chinese children dress in new clothes to celebrate Chinese New Year. People carry lanterns and join in a huge parade led by a silk dragon, the Chinese symbol of strength. According to legend, the dragon hibernates most of the year, so people throw firecrackers to keep the dragon awake.

**However it is you celebrate at this time of year, we wish you and your family members a joyous time.**

*Adapted from Scholastic.com – holidays sampler around the world*

## **JUNCTION AUSTRALIA CHRISTMAS CELEBRATIONS PUT ON HOLD**

This year we are putting our Christmas celebrations on hold whilst we establish the most effective way to celebrate with you. We invite you to share your thoughts with us.

For events in your local community check your Council's website, you will be surprised how many opportunities there are for you to connect and celebrate within your community.

Please contact Junction Australia's People & Places Team to share your ideas [peopleandplaces@junctionaustralia.org.au](mailto:peopleandplaces@junctionaustralia.org.au)



# ALL NATIONS BAPTIST CHURCH GARDENING PROGRAM

Three of our lucky Junction Australia tenants were offered a helping hand from volunteers at the All Nations Baptist Church. The lovely volunteers completed a variety of gardening duties including weeding, pruning and clearing, resulting in some beautiful gardens.

Below is a quote from one of the tenants involved:

*"I feel a weight lifted off my shoulders as I was feeling so embarrassed at the state of my garden and now it is beautiful, and I've been telling everyone about it. It truly has meant more than I could say - and I can start getting ready for the garden competition in 2018."*

Thank you All Nations Baptist Church for your contribution to our community and assisting in raising our tenant's pride of their property.



## HOUSING CUSTOMER SERVICE CHARTER

As mentioned in our previous newsletter we have created a new Housing Customer Service Charter to demonstrate our commitment to serving you the best way we can.

Please visit our website (under Housing, Policies & Fact Sheets) to read the full document or ask your Tenancy Officer for a copy.

# SIMPLE GINGERBREAD PEOPLE

## Ingredients:

Makes 15

- 350g plain flour
- 100g butter
- 5 ½ teaspoons ground cinnamon
- 1 teaspoon bicarbonate soda
- 175g light brown soft sugar
- 4 tablespoons golden syrup
- 1 medium egg

You will also need ginger bread cutters or shape cutters.



## Method:

- Preheat the oven to 180 C
- Put the flour, butter, ginger, cinnamon and bicarbonate of soda in a mixing bowl. Mix it all together with fingertips until crumbly. Add the sugar, syrup and egg and mix until it forms a firm pastry mix
- Using the rolling pin, roll out the pastry to about 5mm thick. Make sure the surface and the rolling pin are well dusted with flour. Use gingerbread people cutters to cut out the shapes.
- Place the cut out pastry on a greased or non stick baking tray
- Bake in the pre-heated oven until golden brown, about 15 minutes. Check after 10 minutes.

*Tip: The smaller the shape cutter you use, the more cookies you will have*

M S V I Q Q G N I P M A C H U M I D E N P  
Q P B S H S Q G I B E A C H B A G L O C D  
K O A Y H T U H I K I N G R O H T I S S N  
A L R W D O S N V L R L F D M S T M U U A  
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## WORD SEARCH PUZZLE

BARBECUE	HIKING	SUNGLASSES
BATHING SUIT	HUMID	SUNSHINE
BEACH	ICE CREAM	SURFING
BEACH BAG	KITE FLYING	SWIMMING POOL
BEACH BALL	LOTION	TANK TOPS
BEACH TOWEL	PICNIC	TANNING TRAVEL
BIKING	PLANTING	VACATION
CAMPING	PLO	WATER
CAPRIS	POPSICLE	WATERMELON
DIVING	SAILING	WATERPARK
DRESSES	SAND	
FAN	SANDCASTLE	
FLIP FLOPS	SEA	
FLOWERS	SHORTS	
GARDEN	SNORKELLING	
GRILL OUT	SUNBURN	
HEAT	SUNFLOWER	

To keep up to date,  
follow us on our Facebook page  
**‘Junction Australia’**



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**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.*