

TENANT CONNECT

AUTUMN 2020



Bushfires
A DIFFICULT SUMMER

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NO JUNK MAIL
Thank You !

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Pop Up Events
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- Julie Clunie

“EVERY EXPERIENCE, NO MATTER HOW BAD IT SEEMS, HOLDS WITHIN IT A BLESSING OF SOME KIND – THE GOAL IS TO FIND IT”

- ANONYMOUS

Welcome to the Autumn edition of Tenant Connect.

It's shaping up to be a busy year here at Junction and we're looking forward to sharing many updates and services with you over the course of 2020.

In this edition, we wanted to share important information for those seeking support in relation to the bushfires that occurred over the summer. We were all devastated to see the tragedy that unfolded and we extend our thoughts to those rebuilding their lives at this trying time.

To celebrate Neighbour Day on 29 March, we're giving away a prize to the most neighbourly neighbour of all. Find out how you can nominate your good neighbour on page 4.

Thank you also to tenant, Pam, who has shared her tried and tested recipe for a stew - delicious and packed with seasonal veggies.

Finally, on the back cover we've highlighted some of Adelaide's best markets - a great way to spend a few hours if you are able.

Happy reading,

- Julie Clunie
Team Leader Allocations

Junction acknowledges we are living on traditional Aboriginal Lands and we offer our continued respect to Aboriginal people past and present.

Get in Touch

Marion Office: Level 1, 838-842 Marion Road
Office Hours: 8:30am – 4:30pm

General Enquiries: 8275 8700

Maintenance: 8210 7010
Payment Enquiries: 8275 8709

placemaking@junctionaustralia.org.au
junctionaustralia.org.au



Join the Junction community on Facebook and keep up to date with all our latest news.

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

Please quote your Unique Payment Reference number when paying via EFT, Westpac deposit and cheque or money order.

Bank: Westpac
BSB: 035 053
Account: 298 277



This summer has been a trying time for the many people affected by bushfires.

Entire communities found themselves displaced from their homes due to the bushfires. Tragically, many lives were lost.

It has also been distressing to hear of the devastation caused to our communities, landscape and the wildlife that inhabit our beautiful bushland.

Sadly, our Adelaide Hills and Kangaroo Island (KI) were not spared. On KI, Junction's Community Centre has played a pivotal role in driving much-needed support for individuals, families and businesses dealing directly with the impact.

Like all South Australians, Junction thanks the incredible firefighting personnel and volunteers. We are so fortunate to have such outstanding people in our communities who are willing to risk their lives to keep us safe.

The trauma, tragedy and destruction of these events will continue long after the last flames are extinguished. If you or someone you know needs support - there are many avenues available, including:

- Lifeline (available 24/7) **13 11 14**
- Grief Line **1300 845 745**
- Red Cross **1800 733 276**

A BETTER Housing Future FOR SA

Our Housing Future 2020-2030 is a 10 year plan designed by the State Government to promote a better housing future for South Australia.

The \$550 million strategy aims to address housing affordability and homelessness across the State.

More than 20,000 affordable housing options will be created as part of the Plan which was developed following extensive consultation with the community, including social and public housing tenants, not for profit organisations and housing providers.

You can get a copy of the plan and read more about the State Government's plans by visiting housing.sa.gov.au or giving the South Australian Housing Authority (SAHA) a call on **131 299**.



VOLUNTEER OPPORTUNITIES

Have you thought about volunteering in your community, but not sure where to start?

Volunteering can provide opportunities to meet new people, share knowledge and experience, learn new skills, all whilst giving something back to the community, not to mention being very rewarding.

Have a think about the skills, knowledge, experience and time commitment you can bring to an organisation and how you would like to be involved. From here, you can either contact the organisations directly, or ask if they would be interested in having you volunteer. You could also contact Volunteering SA&NT who specialise in this area and can assist you with any questions and help guide you in the right direction.

Visit volunteeringsa-nt.org.au or call **8221 7177 / 1300 135 545**

Photo – Junction CEO, Maria Palumbo with volunteers Lou, Len and People and Culture Advisor, Jen.



NOMINATE YOUR Neighbour

DO YOU HAVE A GOOD NEIGHBOUR WHO IS ALWAYS FRIENDLY AND WILLING TO HELP OTHERS IN THE COMMUNITY?

Tell us who they are and what they do and your good neighbour could be in with a chance to win!

Open to Junction and non-Junction tenants and nominations can be provided anonymously if you wish.

Email placemaking@junctionaustralia.org.au or give the Placemaking Team a call on **8275 8700**.



GARDEN TOOL LIBRARY

Junction Garden Tool Library:
MarionLIFE, 887 Marion Road,
Mitchell Park SA 5043

Open on Tuesdays
9am - 3pm

Garden tools available for hire
for a small fee.

Please call **0410 432 425** for more
information, or drop in and visit.

Bookings Essential

KERYL'S GUEST BOOK

Guest books are a great way to keep a record of visitors to a place or event. They offer a brief snapshot in time and can become valuable historical sources for years to come.

Keryl began her first guest book when she moved into her Park Holme unit in September 1994. Ever since, guests to Keryl's home have signed the guest book and left comments for her to reflect on.

Keryl said: "It's a lovely thing to look back on and marks the importance of visitors and the feeling of sharing your home with friends."

Keryl encourages others to start guest books for their homes too.

Photo – Front page of the first ever guest book.



COMMUNITY

Pop Up Events

APRIL & JUNE

CHRISTIE DOWNS

Community House
 Cnr Flaxmill & Morton Rds
 Christie Downs
 12pm – 2pm
 April 14th (Tuesday)
 June 16th (Tuesday)

GOOLWA

Goolwa Community Centre
 25 Cadell St
 Goolwa
 12pm – 2pm
 April 29th (Wednesday)
 June 17th (Wednesday)

STRATHALBYN

Strathalbyn Good Shepherd Hall
 24 East Tce
 Strathalbyn
 12pm – 2pm
 April 20th (Monday)
 June 22nd (Monday)

MITCHELL PARK

Location and Dates to be confirmed via SMS prior to the event.

April & June

DATES WILL BE CONFIRMED VIA SMS

SMS messages are sent based on council areas - no need to register, just come along!

If you would like to nominate your street or common area for a Pop Up, please contact the Placemaking Team on 8275 8700 or placemaking@junctionaustralia.org.au

HOMEMADE CLEANING PRODUCTS

Vinegar. Olive oil. Baking soda.

Forget salads or cakes and think cleaning!

These everyday ingredients can double as effective, environmentally-friendly and cost-saving cleaning products. So before you reach for the supermarket shelf, take a peek inside your pantry - you might never look back!



SCENTED ALL-PURPOSE CLEANER

- One part white vinegar
- One part water
- Lemon rind
- Rosemary sprigs

Combine the above ingredients together, pour into a spray bottle, shake and then let infuse for a week before using.

Once done, you can use the solution to remove hard water stains, clean trash cans, wipe away wall smudges and much more. Plus, the acidity of the lemon adds extra cleaning properties — perfect for stubborn stains.



AIR FRESHENER

- 12 – 15 drops of pure essential oil (grapefruit, lemon, orange and lavender are favourites)
- ½ cup white vinegar
- 1½ cups water

Combine in a spray bottle, shake and spray to freshen the room! (Remember to shake before each use).

You can experiment with higher ratios of vinegar to water and upping the essential oil if this is not strong enough for your preference.



DISINFECTANT WIPES

- 1 cup water
- ¼ cup white vinegar
- 8 drops tea tree oil
- 8 drops eucalyptus essential oil
- 8 drops lemon essential oil
- Empty “wipe” container (baby wipe, for example)
- 15 – 20 squares of cloth (old t-shirts work well, as do old dish towels or similar material)

Combine the ingredients together, pour into a spray bottle, add the squares of cloth, shake and then let infuse for a week before using.

DO YOU HAVE A HOMEMADE CLEANING TIP?

Email it to us and we'll share it in the next edition of Tenant Connect. Send ideas to placemaking@junctionaustralia.org.au

TY'S LITTLE Free Library

Ty from Seacombe Gardens discovered a great way of giving back to her community that suits her quiet and generous nature.

Little Free Library is a small box that community members can make and place at the front of their home filled with books, encouraging neighbours to take them and swap them over for books they have in their home and want to pass on.

Ty told Junction staff that the *Little Free Library* (pictured) is becoming quite popular in her community, and she notices book exchanges from her front window.

Ty takes great delight knowing her hand-made library (using recycled furniture from around the house) brings joy to those young and old.

"I placed a range of different books in the library that I made, as well as continuing to run the Grow Free cart in a section down the bottom," Ty said. "It doesn't take much to do things like this, just some creativity!"

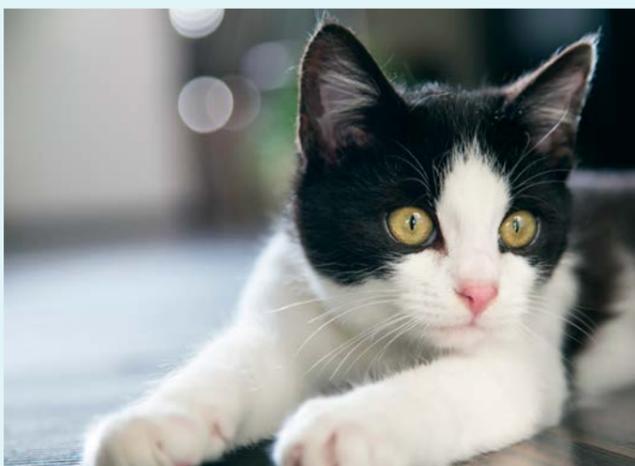
The *Little Free Library* concept has a website that you can visit if you would like to try running one yourself – Ty highly recommends it.

littlefreelibrary.org

NEIGHBOURHOOD FRIENDLY CATS

Cats are much-loved members of many households and communities.

Generally active animals - they love to climb, run and jump. This can make it difficult to confine them to your yard if you don't have adequate facilities for them, potentially causing issues with neighbours. Some ideas to be a good cat neighbour are:



- Provide your cat with a well-turned mulched area for use as an outside toilet
- Ensure your cat is registered and desexed
- Enclosed cat runs provide outside activity and ensure your cat is kept safely on your property
- Create a small garden or potted garden of feline-friendly herbs (catnip, cat grass and cat mint)
- Cats can be trained to walk on a harness - this is a great way to let your cat safely explore the local area
- Food dispensing toys simulate the cat having to work at their prey to get their food which satisfies this need for cats.

Pamela's Healthy STEW

Pamela sent this recipe in saying:

"This is for senior citizens living on their own, who say - I can't cook!"

During her travels in Japan, Pamela met a lovely 102 year old woman. She grew her own veggies and was convinced that her yams (our sweet potato) have kept her going with good health. Living on her own, this woman would clean her cottage twice a day.

Most importantly, her small village has a Community Centre where they listen to music, dance and sing. Pamela believes this to be key to a healthy life.

INGREDIENTS

- One large onion, diced
- 1 chicken breast fillet, cut into small pieces
- 1 small sweet potato, peeled and chopped
- 1 washed potato (do not peel) diced (Pamela says all the good protein is in the skin!)
- 1 large carrot, diced
- 1 stalk of celery, leaves included, sliced
- 1 tablespoon of jar crushed garlic, and black pepper
- An OXO crushed block of chicken stock
- Sliced greens - kale, silver beet and frozen peas
- 1 tbsp of canola oil
- Fresh parsley

IF THERE'S ANYTHING YOU'D LIKE TO SEE IN THE NEXT TENANT CONNECT, GET IN TOUCH:

placemaking@junctionaustralia.org.au

METHOD

- Heat your stovetop to medium.
- Put a tablespoon of Canola oil into your pot.
- Add onions and sweat them off.
- Boil the kettle.
- Add garlic, OXO cube and black pepper.
- Add chicken and give it all a good stir.
- Put in all your veggies, apart from greens.
- Add enough boiling water to just cover.
- When it is all bubbles, cook for 10 minutes, then add the greens, leave to boil for 2 minutes.
- Put the pot lid on and leave to cool down, off the heat.
- Stir in finely chopped parsley.

Mindfulness Matters

Research shows Dot to Dots improve mindfulness and relieve stress.

Have a go at connecting the dots to reveal the picture.



HEALTHY BRAINS

Words go up, down, diagonally or backwards.

A	R	U	N	N	I	N	G	N	P	M	A	T	P
B	I	G	G	C	A	M	P	I	N	G	I	A	I
A	N	I	N	R	W	A	L	K	I	N	G	C	K
S	G	C	S	W	I	U	C	G	N	I	D	I	R
E	A	A	K	A	P	E	T	S	T	S	O	N	M
B	G	S	R	E	T	U	P	M	O	C	A	C	P
A	S	N	A	I	G	N	M	E	S	N	N	I	A
L	S	K	P	N	R	G	N	I	K	I	H	P	I
L	O	S	I	A	N	I	M	A	L	S	S	S	N
S	O	P	S	I	S	H	O	P	P	I	N	G	T
C	Z	I	A	U	N	I	R	U	S	T	R	A	I
S	I	N	N	E	T	G	S	R	I	N	E	P	N
L	N	I	G	M	U	S	E	U	M	S	M	P	G
G	S	E	M	A	G	S	W	I	M	M	I	N	G

PAINTING
RIDING
TENNIS
PETS
SWIMMING
BASEBALL
COMPUTERS
GAMES
RUNNING
CAMPING

PARKS
SHOPPING
WALKING
ANIMALS
ZOO
HIKING
PICNIC
MUSEUMS
ARTS

WHAT'S ON

in your Community!

FRESH FOOD MARKET FEATURE



GOOLWA WHARF MARKET

Reserve by the Wharf, Goolwa

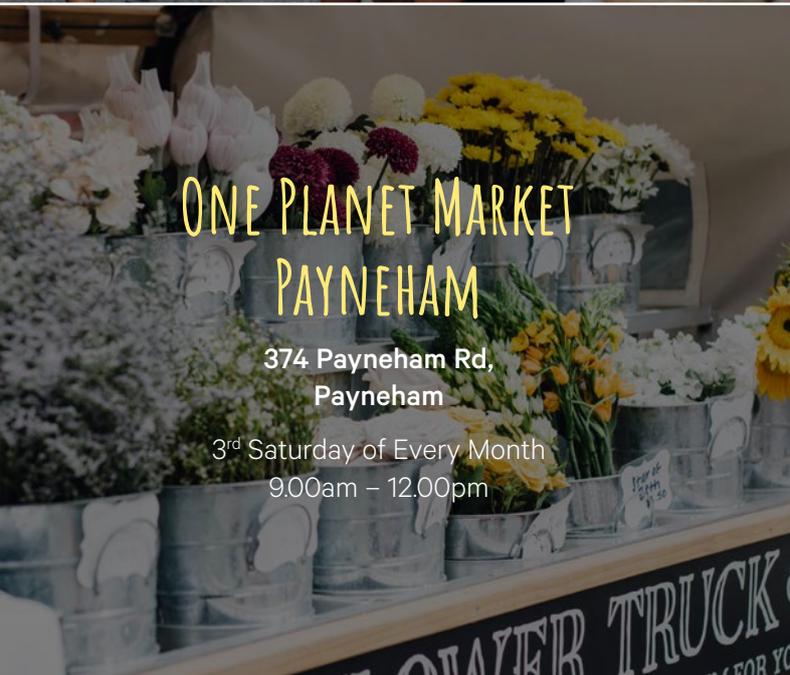
1st and 3rd Sunday of Every Month
9.00am – 3.00pm



WILLUNGA FARMERS MARKET

Willunga Town Square
Main Rd, Willunga

Every Saturday
8.00am – 12.30pm



ONE PLANET MARKET PAYNEHAM

374 Payneham Rd,
Payneham

3rd Saturday of Every Month
9.00am – 12.00pm



GAWLER AUSSIE FARMERS MARKET

2 Lyndoch Rd,
Gawler

Every Saturday
8.00am – 12.00pm