

CAREGIVING SPRUNG INTO SPRING **4** ON THE CHARTS CELEBRATING CHILDREN'S WEEK 12 ANNUAL TENANT SURVEY RESULTS

8 MRS CLAUS SPREADING CHRISTMAS MAGIC



GET IN TOUCH

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

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





As the weather warms and we prepare to bid farewell to another year, there are many great things to reflect on – some of which are included in this edition of Connect.

Hearing stories from inspiring individuals is fitting as we come into the holiday season this year. From an insightful conversation with Ryan, who sheds light on the invaluable role of caregivers in our community, to Helen, who spreads festive joy as Mrs. Claus on pages 8 and 9.

Meanwhile, the recent Community Housing Arts Awards (CHARTS) showcased the incredible talent in our midst, emphasising the importance of art in our communities. We were thrilled to congratulate five incredible artists from our communities who won in their categories! Some of the biggest dates on our annual events calendar have also flown by. Our Spring Carnival was a great success, with over 500 attendees turning up to welcome the sun. Additionally, Children's Week this year at our Hackham Community Centre made for a great family day out!

We would also like to thank everyone who participated in this year's tenant survey. These results are invaluable in helping inform and shape our services.

Lastly, don't miss your chance to win one of three awesome Lego holiday hampers by entering our draw. Simply fill out the insert and use the reply-paid envelope provided.

All the best for 2024, Tracy Housing Manager



JUNCTION ACKNOWLEDGES WE ARE LIVING ON TRADITIONAL ABORIGINAL LANDS AND WE OFFER OUR CONTINUED RESPECT TO ABORIGINAL PEOPLE PAST AND PRESENT.

If you would prefer to replace your hard copy with a digital copy of this magazine, please email the Community Engagement Team at communityengagement@junctionaustralia.org.au



THE HEART OF CAREGIVING

Anyone can become a carer, at any time. Ryan, who cares for his nephew who has specific needs, believes this whole-heartedly.

For Ryan, who lives in a Junction home in Prospect, caregiving is about compassion and lightening burdens.

Ryan explains that he finds fulfillment in making a positive impact on others' lives. Care, for him, is about compassion and lightening burdens.

"There's a broad spectrum of carers, just as there are of people with different needs. Some carers focus on helping a single individual, while others provide a network of support to multiple people," Ryan said. "Being a carer means understanding and empathizing with the fact that everyone has something they're struggling with, either big or small. We all have strengths and weaknesses."

Ryan believes that the benefits of caring go both ways.

"One thing I think those in need of special care really do for others, is requiring us to do our utmost to help them. This, in turn, helps us mature as people," he said.

While fulfilling, Ryan also acknowledges that caring can be mentally taxing at times. "While worthwhile, there are most certainly challenges to being a carer. Since the person you're supporting may have trouble maintaining their dynamic in their day-to-day."

Outside of his care responsibilities, Ryan believes that even the smallest actions, like offering well-wishes to a neighbour in need, can help.

"Simple acts of kindness, like a friendly greeting, can have a really positive impact," he said.

He is adamant that being aware of other's burdens and lightening them where possible, is something everyone should do.

"It is a role that we all should be a part of, even if it's only in a very small way in someone else's life."

CHARTS



Recently, the Community Housing Industry Association of SA (CHIA SA) recognised 14 artists for their work at their Community Housing Art Awards (CHARTS) including five from our Junction community.

The brainchild of the South Australian community housing sector, this year's event attracted 130 entries across four categories: Framed/Hanging; 3D/Sculpture; Photography, Digital and Graphic; and Poetry and Literature. The works were displayed in an exhibition running at The Mill in Adelaide's CBD.

Congratulations to all the talented artists who were recognised – and to the five winners from our communities!

PHOTOGRAPHY, DIGITAL & GRAPHIC ART POETRY & LITERATURE



Slow Morning Spent below a Polyester Canopy by Amber

Amber won in the Photography, Digital and Graphic Art (youth category) with this colourful photo, Slow Morning Spent below a Polyester Canopy.

"I love the mood of this image, so peaceful. These light colours and the airiness of the billowing tent just further that sense of peace that I feel as though the photograph conveys," Amber said.

Voices of My Past by Gislene

Gislene won the Community Housing Art Awards (CHARTS) for Poetry and Literature (youth category) with this emotional poem entitled, Voices of My Past - Kuginda.

"Kuginda means to hope through struggle in Kirundi (Burundian language). This poem was written for and about my mother, who went through trials raising so many children, who weren't hers. The line 'this contest of freedom is relentless' highlights the battle of responsibility vs freedom," Gislene said.



3D/SCULPTURE

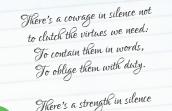


Cloudwood by Ty

Ty won the Emerging 3D/Sculpture category with this inspiring work entitled, Cloudwood

"I have been making art since I could hold a pencil and live in a colour-and-book-filled house. The lines in the wood itself made a picture, to which I simply added colour," Ty said.

POETRY & LITERATURE FRAMED/HANGING



There's a strength in silence to relax the grip: To grant virtues their lifetimes, To (ade away, as everything must.

Merciful Silence by Kym

Kym won in the Poetry and Literature (emerging category) with this inspiring poem entitled, Merciful Silence.

"I am an ex-English language teacher and I still like to mess about with words, one way or another, either short stories, tall tales, video game designs, and questionable poetry," Kym said.



Silverton by Luke

Luke won in the Framed / Hanging (general category) with this inspiring acrylic on canvas entitled, Silverton.

"This was a Christmas gift for my 93-year-old neighbour," Luke said.

FROM JANUARY 2024, JUNCTION LEASE EXTENSIONS WILL BE OFFERED ELECTRONICALLY VIA DOCUSIGN.

DOCUSIGN

Introducing DocuSign, a program which allows you to securely sign your important documents quickly and efficiently, all electronically.

From January 2024, Junction lease extensions will be offered electronically via DocuSign.

This removes the need to sign and return paper documents to Junction via mail – making the overall process quicker and more efficient for you and us!

How does it work?

When we send you a document, you will receive an email notification.

From this email, you will be able to open, review, fill-out and sign your document – all from your electronic device. For a 'how to' guide, scan the QR Code below or visit YouTube and search: "DocuSign eSignature: How to Sign a Document"



What happens if I don't have an email address?

Documents can also be sent via SMS link to any smart phone.

Don't worry, DocuSign ensures documents are still easy to read on smaller screens.

What if I'm not confident using technology or I don't have a computer or smart phone?

We recognize that everyone has different levels of comfort and experience with technology so if you do not feel confident using DocuSign or do not have access to a computer or smartphone, you can still choose to receive your lease and other documents via mail.

If you would like assistance using DocuSign, please reach out to your housing manager or call our office on **8275 8700.**

How do I get started?

If you would like to receive your first electronic lease or form via DocuSign, please reach out to your housing manager or call our office on **8275 8700**.

DocuSign

FAULT REPORTING: IF YOUR SMOKE ALARM MAKES A 'CHIRPING' NOISE OR SEEMS FAULTY AT ANY TIME, DON'T HESITATE TO CALL OUR MAINTENANCE NUMBER 8210 7010.

YOUR SMOKE ALARM SERVICE APPOINTMENT

Are you awaiting your upcoming smoke alarm service appointment with Junction? We've got you covered! Here's a quick guide on what you can expect when our Asset Officer visits your property.

1. Appointment Confirmation:

You'll receive a letter 7-14 days before your scheduled appointment, ensuring you have ample notice.

2. Two Hour Window:

We'll provide you with a convenient two-hour appointment window to accommodate your schedule.

3. Key Access:

Junction will carry out the service as scheduled. If you would prefer to be there when the service is conducted, you'll need to contact us prior to the appointment time. Your security is our priority, and you can be certain that our Asset Officers are only there to inspect your smoke alarm.

4. Appointment Reminder:

For added convenience, if we have your mobile number on record, you'll receive an SMS reminder the day before your appointment.

5. On the day of the service:

- Our Asset Officer will carry identification.
- Smoke alarm services usually take 5-10 minutes but may extend to 45 minutes if combined with an Asset Inspection.
- Please be courteous to our Asset Officer.
- Ensure a clear path to access the smoke alarm.
- Secure your pets for their safety and the safety of our Asset Officers.

We look forward to ensuring your smoke alarm is in top-notch condition during our visit.

REGULAR MAINTENANCE: FOR OPTIMUM PROTECTION, WE RECOMMEND CLEANING YOUR SMOKE ALARM WITH A VACUUM CLEANER'S BRUSH ATTACHMENT EVERY 6 MONTHS AND TESTING IT.



MRS CLAUS SPREADING CHRISTMAS MAGIC

Nestled in the heart of Santaland in the Myer Centre on the second floor, Helen from Mitchell Park has been spreading festive cheer and joy as 'Mrs. Claus' for the better part of 20 years.

Having first donned the iconic red and white attire in 2004, she has spent almost two decades bringing a smile to the faces of children and adults alike.

For Helen, her role is far more than just wearing a costume – it is about creating a magical experience for all who visit.

"I love to see so many lovely children smiling at me. I also love to help the parents by reminding the children that being on their best behaviour puts them on Santa's nice list," Helen said.

Having discovered a passion for performing during her time at Flinders university, Helen has been a model, actress, and performer which gave her the experience needed to embrace the role of Mrs. Claus fully.

As Mrs. Claus, Helen plays an important role in calming the nerves of excited children in the line up before they meet Santa.

Helen reads stories like "Three Billy Goat Gruff" and "Three Little Pigs" to the children while reminding them of the importance of good behaviour.

At 74 years young, Helen continues to play her role as Mrs. Claus with enthusiasm. She does it for the pure love of making people smile. "The adults are appreciative, and the children love it. It's a win-win for everyone," Helen said.

As Christmas approaches each year, Helen stands ready to spread joy and warmth. Her dedication to Mrs. Claus has touched many hearts, making her an integral part of the Santaland display. She credits Tony and Ros from Essential Talent, who supply the jobs and the costume, for her success.

Helen reminds us all to believe in the magic of the season and cherish the joy of giving and sharing with our friends and family.

"I hope I can continue to do this for years to come," she said.

I love to see so many lovely children smiling at me. I also love to help the parents by reminding the children that being on their best behaviour puts them on Santa's nice list.



Families enjoying the activities at the Spring Carnival.





SPRUNG INTO SPRING

The atmosphere was brimming with sunshine, laughter, and music at our annual Spring Carnival held recently at the Hendrie Street Reserve in Park Holme.

One of the most anticipated dates on Junction's annual events calendar, this year's event welcomed 500 guests.

With animals to play with, an inflatable obstacle course to jump on, colourful face painting, games to play, gifts to be won, sports, chalk art and so much more – we soaked in the sun and celebrated the end of another cold winter.

The event also featured appearances from SAPOL's Mounted Police Force, SA Metropolitan Fire Service and SA Ambulance.

The day's sausage sizzle was provided courtesy of Scouts SA and Balhannah Junction Butcher, while Girl Guides SA cooked up some delicious pancakes, and Foodbank offered refreshing fresh fruit and water. We'd also like to thank our partners Results Electrical for sponsoring the sausages and jumping castle at the event.

CELEBRATING CHILDREN'S WEEK

We recently celebrated Children's Week at our Hackham Community Centre (HCC), with a day full of fun for children and their families.

210 people attended the event, gathering to celebrate one of HCC's biggest events for the year.

There was so much to see and do on the day – from getting hands-on with Farmer Darcy's Travelling Animal Farm, to adding a bit of sparkle with glitter tattoos, and celebrating culture through Indigenous art and craft activities.

"It was great to see so many families enjoying all the fun activities," Bec, HCC Playgroup Facilitator, said.

"Seeing the smiles on children's faces is what makes this day so special," Jodie, also from HCC, said.

Children's Week is celebrated nationally in October every year and recognises the talents, skills, achievements, and rights of children.







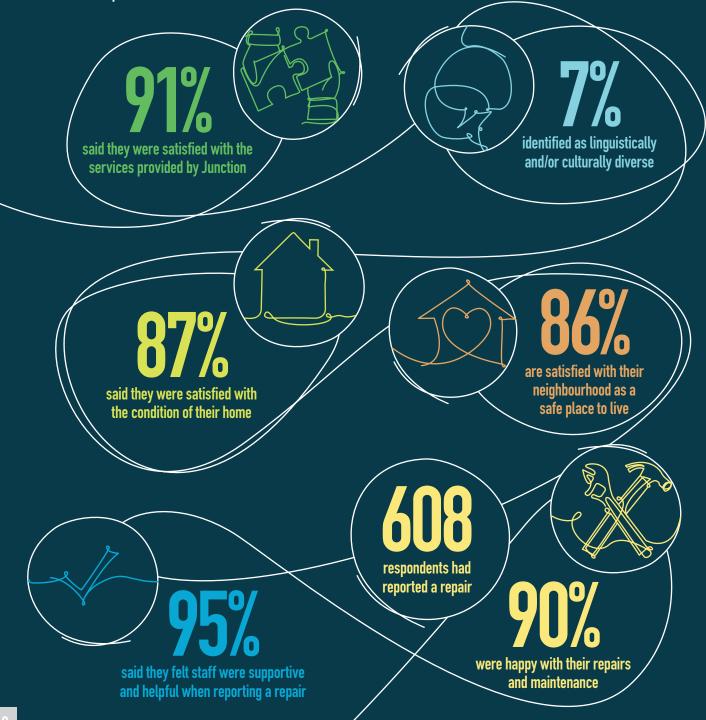
ANNUAL TENANT SURVEY RESULTS



Thank you again to everyone who completed our tenant survey this year. Your feedback – good, bad, and otherwise – informs, directs, and helps shape our services so that we can deliver the best possible housing and support.

Our Annual Tenant Survey is independently conducted by the Community Housing Industry Association NSW each year. This year we received 782 responses.

Of all 782 respondents:



PRIZE DRAW WINNERS

Congratulations to our random prize draw winners who won a Samsung TV for having their say in the Survey!

Vassilios from Mitchell Park Michelle from Mitchell Park (pictured) Tania from Ingle Farm (pictured)

VEGETARIAN CHILLI BEANS

If you would like to share a favourite recipe with us, call our Community Engagement Team on 8275 8700 or email communityengagement@ junctionaustralia.org.au

Thanks to Kym from Mitchell Park for sharing this recipe from his Vegetarian Kitchen! Kym suggests leaving out the chilli if you prefer a milder flavour.

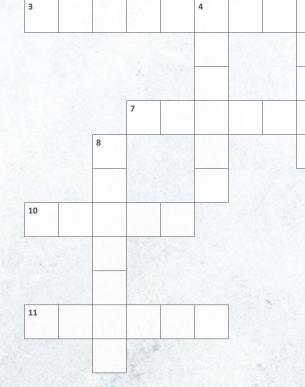
Ingredients

- 1-2 tablespoons of olive oil
- 1 finely chopped brown onion
- 1 or 2 minced cloves of garlic
- 1 celery stick, thinly sliced (opt.)
- 1/2 teaspoon of coriander seeds (opt. as some find them soapy in taste)
- 1 can of red kidney beans, drained and rinsed
- 1 can of diced tomatoes (we recommend Roma tomatoes)
- 1 cup of water, used to rinse out the tomato can
- 1 cube of vegetarian stock, dissolved in a small amount of hot water
- 1 sachet of tomato paste (or 2 tablespoons if it's in a jar)
- 1 tablespoon of honey
- 1 tablespoon of dried mixed herbs
- 1/2 to 1 tablespoon of dried chilli flakes (for the brave souls)
- Freshly ground black pepper & salt
- Garnish options: sour cream, coriander, and freshly sliced chilli

Method

- 1. Heat up the olive oil in a medium-hot frying pan, but making sure it doesn't start smoking.
- 2. Sauté the finely chopped onion, minced garlic, and, optionally, sliced celery along with the coriander seeds until the onions turn translucent.
- 3. Stir in the rinsed kidney beans and allow them to heat through.
- 4. Do the same with the canned tomatoes, the water used to rinse the tomato can, and the dissolved vegetarian stock.
- 5. Stir in the tomato paste and honey.
- 6. Gently cook the mixture until it starts to thicken, stirring occasionally to prevent sticking.
- 7. Sprinkle in the dried herbs and, if desired, the optional chilli flakes.
- 8. Simmer with the lid half-covered on the lowest heat for approximately 20 minutes.
- 9. Taste and adjust the flavor by adding more honey, chilli, salt, and black pepper to suit your preferences.
- 10. Serve alongside steamed rice, plain corn chips, or use it in a nacho bake!





Down

- 1. Tiny fruits that are often used in baking and breakfast dishes.
- 2. This fruit is a popular choice for making wine.
- 4. Long, yellow and curved. Known for high levels of potassium.
- 6. A tropical fruit with spiky skin and sweet juicy flesh.
- 8. A sour citrus fruit native to Southern China, often consumed as juice.

Solution will be published in next edition

Across

2

3. Small, red and heart-shaped

5

6

- 5. A berry yet not a true berry
 - 7. Red berry from Chile
- 9. Tropical stone fruit
- 10. Citrus fruit with a sour taste
- 11. Smith Apple, Tart green fruit often used in pies

SALVATION ARMY

Advertise your availability and lend a helping hand. **Ph: 8408 6900**

HOSPITALS & CARE HOMES

Consider reaching out to local hospitals and care homes directly.

LOOKING TO GIVE A DIFFERENT SORT OF GIFT THIS CHRISTMAS?

Many organisations are on the lookout for volunteers to lighten the load and spread cheer this Christmas. Hospitals and care homes require volunteers on Christmas day to provide company and support to those spending the holiday away from their families. Your time can make a significant difference in their lives.

MARIONLIFE

Join their Christmas day lunch volunteer team. **Ph: 8277 0304**

MINDA

Volunteer as a gift wrapper until Christmas Eve. Contribute to the joy of gift-giving during the holiday season. **Ph: 8422 6200**