

Junction

WINTER 2022

CONNECT



3 TUNING
IN

4 BREAKING
IT DOWN

6 AN EYE
FOR ART

9 WAVE OF
RELIEF

11 A GARDEN
ANGEL

13 IN THE
'HOOD

Junction
FREEDOM TO THRIVE

GET IN TOUCH

Marion Office

Level 1, 838-842 Marion Road
Marion SA 5043

Office Hours

8.30am – 4.30pm

General and Payment Enquiries

8275 8700

Maintenance

8210 7010

Email

placemaking@
junctionaustralia.org.au

Website

junctionaustralia.org.au

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



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.



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



WELCOME TO YOUR WINTER EDITION OF JUNCTION CONNECT

Too cold and wet to go too far from home? We'll hit the road on your behalf! From Tanunda to Kingscote, we're bringing community news and stories to you from across the State.

Straight up - the rising cost of living is something on everyone's mind right now. So, we touched base with Peter Gantley, financial counsellor from Uniting Care Wesley Bowden, who provides us with some advice to help us manage the increase in living expenses.

No matter how hard you think life is going, never give up. That's the mantra Amy, pictured on page 12, lives by. Amy speaks with us about her journey out of domestic violence and homelessness and her hopes for the future.

Meanwhile, Jason (page three) is living proof that there are no limits to achieving your goals. Now running his own breakfast radio show Morning Espresso, he gives us some real insights into his favourite guests.

Resilience seems to be the common theme in this edition. With Daffodil Day coming up, it was a timely chance to chat with Allen from Hayborough, whose personal experience with cancer has given him a new lease on life and Anne, whose cancer journey has motivated her to support the cause more broadly.

We've also included some practical information on gutter cleaning and give you the low down on the rise and rise of community gardens.

Until next time,

Hydie
Income Management Officer



Jason at the microphone for BBBFM 89.1

BBBFM CAN BE
LIVE STREAMED
VIA BBBFM.COM

TUNING IN

If you're not familiar with Jason's face, you might well recognise his voice. At least that's the case for residents of the Barossa Valley who tune in to BBBFM 89.1 on Wednesday mornings for their breakfast radio fix.

Jason, who lives with Cerebral Palsy, has been a volunteer with the station since the beginning. Located at The Arthur & Gladys Reusch Centre in the heart of Nurioopta, the station recently celebrated its 25th anniversary.

From local political candidates to comedians and artists from across the country, you name them – he's interviewed them, well many

anyway! This includes his favourite artist Daryl Braithwaite.

"It was a few years ago now, but nothing compares" said Jason, whose favourite song is The Horses.

Jason describes his show, Morning Espresso, which runs from 7-9am, as easy-listening breakfast radio.

Playing an assortment of songs he selects, Jason's favourite part is operating the control panel – a big responsibility with little room for error.

"I've learned not to get nervous" Jason, who lives locally in a Junction property, said.

Operating the station now comes naturally to Jason, who found his voice and confidence through the platform.

Jason has also been recognised for his achievements and dedication to the community station. He was awarded an Archbishop of Adelaide Media Citation from the Catholic Church for his interview with John Schumann and The South Australian Community Broadcasting Association's Overcoming the Odds, which recognises his contribution to the station in celebration of diversity and learning through broadcasting.

"I really enjoy what I'm doing"



MONEY SMART

www.moneysmart.gov.au is a Commonwealth Government financial education website which covers a range of subjects and resources.

NATIONAL DEBT HELPLINE

www.ndh.org.au or
phone 1800 007 007

BREAKING IT DOWN

Have you been feeling an extra pull on your purse strings lately? You're not imagining it. The cost of living is increasing.

The price of food, petrol and some services are rising as a result of a range of factors including inflation and supply chain issues, putting real pressure on household budgets and making it even harder to make ends meet.

Peter Gantley, a financial counsellor from Uniting Care Wesley Bowden, supports people to get on top of debt and manage budgets.

"Cost of living pressures have always been something we've needed to manage but many people are finding it particularly tough right now," Peter said.

"A lot of incentives were given out in the early days of the pandemic. Depending on how people managed that extra income, it might have given them a false sense of security.

"But what we are finding now is that the rising cost of goods and services has got many people worried. This, added to the uncertainty created by COVID, and people are really anxious."

"It's not just people on low incomes who are affected. The difference is those on higher incomes generally have more means to adjust."

Peter said there was no single bullet to solving these challenges and each person or family's circumstances were different. However, he believed there was one key piece of advice that could benefit everyone.

"Break it down," Peter said. "It really is the golden rule to staying empowered when it comes to managing your money."

So, what does that mean?

TOP TIPS TO CUT COSTS



AT THE SHOPS

- Shop smart – make a list and stick to it.
- Take notice and advantage of discounts.
- Make sure you are getting all the assistance and concessions for which you are eligible including energy costs.
- Opt for homebrand labels where you can.
- Avoid shopping when you are hungry.



AT HOME

- Ask questions and challenge to get the best possible deal with suppliers including electricity and telecommunications.
- Reduce or end your reliance on convenience options.
- Find easy ways to make payments like B-PAY.
- Plan your meals and cook at home.
- Avoid After Pay and other deferred payment options which remove short term pressure but can become a long term debt.



OUT AND ABOUT

- If you are mobile, look for places you can walk to without having to use the vehicle and pay for petrol.
- Seek out free recreational facilities and events rather than paying for entertainment. Local libraries are great and most councils offer different activities and group connections.
- Make your own gifts when it comes to presents for people, rather than purchasing items. Kind gestures and quality time can often be the greatest gifts of all.

“Take it fortnight by fortnight. Prioritise your essential payments for food, medication, rent, telephone, transport, water, electricity and gas.

“Then, pay your bills with the same frequency as your income payment. For instance, if you are paid fortnightly organize for your bills to be paid fortnightly in line with the income.

“I also recommend setting up different bank accounts according to your spending to separate money you need for bills from

other things. Budgeting can seem daunting but it’s just about going back to basics, getting a plan and above all, sticking to it.”

At the same time, Peter recognized “a change in circumstances can happen to all of us and happen instantaneously and have long term consequences.”

“If you feel things are starting to spiral reach out straight away,” he said.

Sonia Sheppard, Executive Manager Housing and Community Services agreed.

“Through a partnership with UCWB, people in Junction housing can be connected to financial counselling services.”

“We really encourage anyone who might be experiencing financial hardship for whatever reason to let their Housing Manager at Junction know so we can support them directly or link them to other services whether that be financial counselling or food relief.”

Peter added: “Don’t be afraid to reach out and ask for help. Swallow your pride. Generally society today is very helpful and supportive. There is nothing wrong with asking for help.”

“Small steps will get you there.”



Shak in her apartment

“I WOULD LOVE TO BE A TATTOO ARTIST. THAT’S THE GOAL”.

AN EYE FOR ART

Those in our Melrose community will recognise the positive energy and contagious smile of budding young artist and musician Shak.

Having moved from Victor Harbor to Adelaide to pursue University studies, Shak now lives in our Fig Tree Apartments.

“I was homeless at 17 and was couch surfing for 7 months,” she said. “I feel so grateful to be given this opportunity. I’ve been able to move forward with my life.”

Shak’s apartment is the perfect reflection of her personality – surrounded by instruments, artworks and poetry, it is easy to see where her passions lie.

“My dad was a big inspiration for me when it comes to art” said Shak. “I’ve been making art since I was 5, and focused on it through high school”

Beyond art, Shak is also an avid skater and models in her spare time. She has also started designing clothes and participating in poetry nights at the Social Hearts Club.

Starting a new part-time job has been one of the biggest changes in Shak’s life since moving to Adelaide, but it hasn’t stopped her from chasing her real passion.

“I would love to be a tattoo artist. That’s the goal”.

With so much now to look forward to, Shak shared a quote from a poetry book she loves – which helped her maintain positivity and determination through adversity.

“The steeper the mountain, the harder the climb, the better the view from the finishing line.”



The KIFL team pre-match

RECONCILIATION ROUND

Junction was proud to partner with the Kangaroo Island Football League's (KIFL) Association-Reconciliation round on Sunday, June 5.

Every year the KIFL holds Association matches against the Southern Football League (SFL), bringing together the 'best of the best' from all five clubs across the Island in a Senior and Youth Squad to play SFL's best teams. This year the opportunity

emerged to pair this event with the Reconciliation game annual program to culminate in a fantastic day of unity, cultural knowledge sharing and of course, footy!

Held at the Dudley United Football Club at Penneshaw, the day showcased two very skilled games of football together with Reconciliation activities.

There was a Welcome to Country smoking ceremony performed by Mark Koolmatrerie, bush tucker foods, childrens' games and the launch of the League's Reconciliation guernsey set – the Senior KIFL team, sponsored by Junction and Youth Squad team sponsored by Headspace and Wellbeing SA.

The guernsey designs were brought to life by Sharon Gaskin (pictured right), a KI proud Noongar woman from south-west of Western Australia who has made her home on Kangaroo Island. Sharon has contributed to the development of the League's Reconciliation rounds over several years together with Junction staff.

The guernsey designs tell the story of the five unique clubs on the Island meeting together at each other's football grounds over the season to form one community.





Anne looks forward to getting back to her hobbies

“I feel grateful that I get feel good again and start to pick up my life again because not everyone gets that opportunity.”

GETTING BACK AND GIVING BACK

Almost two years after her initial cancer diagnosis, Anne is re-gaining strength, getting back to her hobbies and even giving back, where she can.

In late 2020, Anne was diagnosed with bowel cancer - picked up during an unrelated surgery. That November, Anne underwent surgery to remove the tumour and parts of her colon before starting chemotherapy at The Queen Elizabeth Hospital.

The three-month process had quite an impact on Anne's health.

“I wasn't expecting it to be that intense,” said Anne, “It has a high impact with big side effects.”

Anne is now entering a five-year surveillance period which consists of regular blood tests, CT scans and colonoscopies to look for cancer markers.

“They don't really call it remission because it can potentially come back at any time, but more likely during the five years,” she explained.

Around the same time, both of Anne's siblings received a cancer diagnosis and her brother passed away from the disease shortly after.

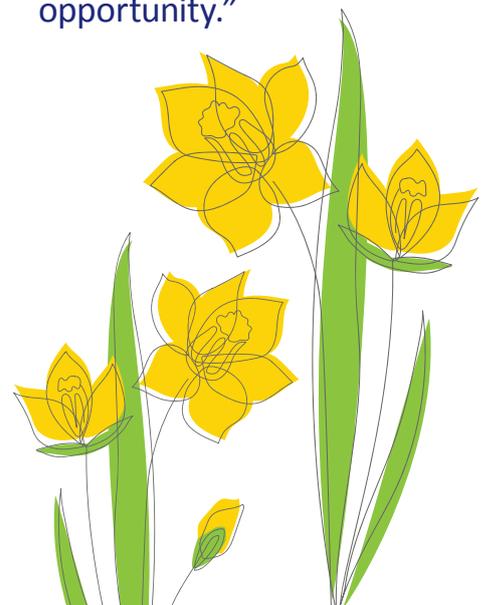
During such a difficult time, Anne credits the work of her medical team at the QEH – especially the oncologists who she was able to call for support at any time. But she would not have been able to do it without the love and support of her two children.

“I wouldn't have been able to get through it without them.”

Keeping in touch with loved-ones kept Anne going through her treatment and recovery. As she continues to regain her strength,

Anne is looking forward dining out at restaurants and getting back out into nature and the community. She also has since become a volunteer with the Cancer Council.

“I'm grateful I get to feel good and start to pick up my life again because not everyone gets that opportunity.”





You may spot Allen 'catching waves' near his home

WAVE OF RELIEF

Allen is celebrating – with good reason. Seven months ago, he received the positive news his oesophagus cancer was in remission.

Prior to his diagnosis, Allen recalls having a croaky voice that led to a biopsy referral. Luckily, the cancer was caught in the early stages and he was able to commence radiation treatment at Flinders Hospital. As part of the recovery process, Allen will continue to have 3-month check-ups over the coming years.

“I just carried on, I had to” Allen said.

The Fleurieu Cancer Support Foundation played a critical role in Allen’s treatment journey including volunteers transporting him from the Fleurieu to Flinders Hospital for treatment.

“They’re great” Allen said. “I didn’t have to worry about anything, they’ve just been fantastic.”

Allen, who also cares for his three grandsons full-time and regularly supports his two granddaughters, is dedicated to their learning through experience. After being given the all-clear, he booked a holiday for the family.

At home, you might spot him ‘catching waves’ with his grandsons at the beach and watching their weekly football games. The avid surfer, who first got into the sport at the age of 12, is also a skilled tennis player. He also recently began playing table tennis again after many years.

Fleurieu Cancer Support Foundation
fleurieucsf.wixsite.com/fcsf

**DAFFODIL DAY
IS FRIDAY,
26 AUGUST**



Cancer Council
Daffodil Day Appeal

Did you know around 150,000 Australians are diagnosed with cancer each year and one in every three of us will develop cancer in our lifetime?

Daffodil Day – a Cancer Council initiative held in August each year – aims to raise awareness and funds for cancer research and support.

Cancer not only affects those with the diagnosis, but families, friends and the community also experience the devastating impact of the disease – and our Junction community is certainly not immune. cancer.org.au



Sophie Thomson with Kangaroo Island locals Bruno and Anne



COMMUNITY GARDENS

Encourage physical exercise
Working in the garden is a great opportunity to have healthy, outdoor, physical exercise.

Relieve stress
By offering a retreat from the day-to-day hustle, and a chance to slow down. Working in a garden can also be therapeutic.

Make fresh produce accessible
By improving the availability of fresh and high-quality foods, which can help cut down on costs for food and increase the security of food for those who need it the most.

Help the environment
The plants help to create clean air by eliminating pollutants, absorb rainwater meaning less runoff and reduce food waste

Cultivate social connections
They reduce feelings of isolation and increase a sense of belonging while offering opportunities to establish relationships across social barriers, cultures and generations.

Create stronger communities
By fostering a stronger connection to both people and place – along with an appreciation for nature and the environment.

Want to find a community garden in your area? Visit communitygarden.org.au/ or phone your local council.

THE RISE AND RISE OF COMMUNITY GARDENS

Community gardens are a growing trend. With more people than ever living in lower maintenance, higher density housing such as apartments and town homes, communal garden spaces are popping up in streets and suburbs – and the city.

These gardens – big and small – give people access to fresh, safe, and affordable herbs, fruits, and vegetables. However, what grows in these spaces can't always be pruned, plucked or watered. Beyond plants and produce, these gardens also cultivate social connections and promote health and wellbeing.

Over 80 are currently registered across the State – and we believe that's only the tip of the iceberg!

With help from Junction, our Kangaroo Island community is greener than ever with two community gardens up and running in Kingscote (next to our community centre) and at Parndana and two soon to be established at Penneshaw and American River – close to several of our community housing properties.

The gardens have been supported by locals as well as the grants from the SA Department of Premier and Cabinet and Gardening Australia's Sophie Thomson who has been instrumental to the garden initiatives on the island in the aftermath of the bushfires.



Ken, who volunteers at the Community Garden at Kangaroo Island Community Centre

THE 'GARDEN ANGELS' AS THEY ARE AFFECTIONATELY CALLED, ARE VOLUNTEERS WHO WEED, PLANT AND WATER THE KI COMMUNITY GARDEN NEXT TO JUNCTION'S COMMUNITY CENTRE IN KINGSCOTE.

A GARDEN ANGEL

The 'garden angels' as they are affectionately called, are volunteers who weed, plant and water the KI Community Garden next to Junction's Community Centre in Kingscote.

Recently retired, Junction volunteer Ken is now a familiar presence in the Kangaroo Island Community Centre Garden – and a key reason the crops continue to thrive.

"At some point, I noticed that the garden needed a bit of love. So after the fires, I started looking after it - making sure the seedlings didn't go dry and things like that," he said. "Now all the beds are full. Everything is full of veggies for people to help themselves to."

Ken says the garden has 'filled a void' for him since his retirement. He especially enjoys having a chat with those who drop by.

"I've heard all sorts of stories here," he said. "People drop in and before you know it, you've spoken to them for three quarters of an hour and they've let out all the stuff that's going on in their lives."

For Ken, it's not only about the plants, but also the wellbeing of the people passing through.

"It gives them a chance to vent or tell someone their problems. People that need to talk don't realise that they've come in here and done just that," he said.

"That's really what it's all about – mental health and looking after people."



A bee making itself at home in the KI Community Garden.



Amy and her daughter

“NO MATTER HOW HARD YOU THINK LIFE IS GOING, NEVER GIVE UP”

AMY BREAKS FREE

Breaking free from a cycle of homelessness and domestic violence wasn't easy for Amy – but now she finally feels in control again.

Having had a rough start after moving from England, Amy found a home to rent – where she and her children looked forward to settling down. With the birth of Amy's third child during this time, everything was looking up.

However, this all ground to a halt when ongoing health issues and a significant relationship breakdown forced Amy and her family to become homeless.

With nowhere else to turn, Amy was supported by Junction to find housing options.

Eventually, Amy received the news that set everything back in motion – a long-term property offer through Junction. After years of uncertainty, Amy felt as though she could finally move forward again.

“I cried tears of joy. I could finally give my children a stable home to settle down in,” she said. “I don't know how bad my life would've been without it.”

Now looking forward to the future, Amy is well on her way toward achieving goals she had postponed – including completing her Certificate 3 in Childcare.

“No matter how hard you think life is going, never give up,” she said. “If you can overcome the bad days, you'll get even better ones.”

IN THE 'HOOD

It's been a big couple of months for outdoor activities!

Many South Australians have made the most of the warmer weather and easing of COVID restrictions to get out and about in our streets and suburbs.

Waves of Sound

Laughter, bubbles and splashes filled the air at our annual Waves of Sound Event, held at the Marion Outdoor Pool. Families enjoyed unlimited waterslides, swimming, dinner and activities, but more importantly – time well spent with their loved ones.

This very special twilight session was made even more special with Channel 9 News hosting its weather segment live from the scene. The event was supported by RASA, MarionLIFE, Marion Council, Food Bank, Family by Family and White Lion.

“My daughters really loved being able to get out of the house and interact with the other kids. They loved visiting the stalls, collecting fruit and the rubber duckies. Standing in the background of the news recording really put the icing on the cake.” – Reece

“I really enjoyed being able to get outside with the boys and run around making new friends. Interacting with other family members was a welcomed experience after the last few years of lockdowns. Thanks heaps for this opportunity, see you again next year.” – Noel



Reece with his children



Children enjoying the pool at the event



Jayden and Olivia with their 'treasures'

“Thank you again for having Jayden and Olivia in the treasure hunt, they had a great time.” – Lilian

Easter Treasure Hunt

Families from all across the inner south joined in a Junction-hosted search for 'treasure' across local sites and spaces. Finding more than just books, seedlings and pool tickets, participants connected with each other as well as key community services.



Locals enjoying coffee and donuts at MarionLIFE.

Neighbourhood Day Breakfast

A 'hole' lot of fun was had by locals attending MarionLIFE for Neighbour Day celebrations in March. Coffee and doughnuts provided the perfect brunch setting for people to catch up and connect.



If you have a recipe that you would love to share, please contact the Placemaking Team via placemaking@junctionaustralia.org.au – we would love to hear from you!

NATASHA'S ROSEMARY ROAST VEG

This recipe comes from the kitchen of Natasha, who lives in Seaford.

Ingredients

- Two medium potatoes
- A quart of a pumpkin
- One red onion
- ½ glove of garlic
- ½ tsp dried rosemary
- Pinch of pepper
- Pinch of salt
- 2 tbs olive oil
- Optional: carrots, sweet potato and fresh beetroot.

Serves 2-3 people.

Method

1. Cube the potatoes and pumpkin – keep the pumpkin slightly larger than the potato.
2. Peel and cut the onion into quarters.
3. Break off the garlic kernels into pieces (skin on)
4. Mix all together in a bowl with oil, rosemary, salt and pepper making sure is all covered
5. Pour into an air fryer or onto a baking tray
6. Air fryer – 10 minutes on 180 degrees stopping to shake halfway through to cook evenly. Oven – 10- 15 minutes on 180 degrees moving vegetables around halfway through the cook.

Great side dish for roasts and meats, with some gravy – or as a roast veg salad mixed with rocket, baby spinach and fresh parsley.

WINTER WORD SEARCH

A S D F O L M S I N G S T
M H O T C H O C O L A T E
N R T K C J N A Q Q B W F
H S R G O A P R E D L A R
I H A I L A Z F E C A S E
B L I G D O R O G U N T E
E O N R A E V Z I M K O Z
R U W X T Y H E A T E R I
N A S N B O O T S P T M N
A B I T R H N C O A T W G
T W S R G P J B U C R S K
E X Z E F I R E P L A C E

RAIN
COLD
WINTER
BOOTS

GLOVES
SCARF
FREEZING
FIREPLACE

HOT CHOCOLATE
HIBERNATE
BLANKET
HEATER

HAIL
STORM
COAT
SOUP



ARE YOUR GUTTERS BLOCKED?

Reporting is simple:
Contact Junction's
Maintenance Team
on 8210 7010.

We will check if your
property is on the cyclical
program and advise when
your gutters have been
scheduled for a clean.

If no attendances are
scheduled or a clean is
urgent, we can book you in!

**There is no charge
for this service.**

GUTTER GOALS

Winter is the season where we see an increase in blocked gutters.

The build-up of foliage over autumn can make it especially difficult for gutters to do their job. Without proper drainage, your property could be at risk of leakage or flooding – leading to costly repairs and potentially irreversible damage.

On the bright side – the solution is simple!

With your help, we can prevent many of the issues caused by gutter blockages. All it takes is a simple request to the maintenance team to book in for a clean.

