

# Junction

WINTER 2024

# CONNECT



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FREEDOM TO THRIVE

# GET IN TOUCH

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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.**



My name is Tammy, Junction's new Regional Manager for the Fleurieu and Kangaroo Island. Some of you, especially in the Hackham area and surrounds, may recognise me from my previous role as Team Leader at Junction's Hackham Community Centre. It is a pleasure to now be leading the Fleurieu and KI teams, and I look forward to getting to know all of you.

As the chill of the cold weather settles in, you might find yourself cosied up reading this edition of Junction Connect with a hot drink in hand. In this edition, we have a lot to celebrate – alongside some exciting things for you to mark down in your calendars.

Recently, we commemorated the first birthday of our Churchill Road Apartments – a milestone that symbolises not just a year of existence, but a year of community and connection.

On page 5 we have the pleasure of introducing you to Keahnee, who

has been painting a new path in her life since moving into a Junction home. Her story of resilience and triumph through art was certainly an inspiration to us – and we hope it will also inspire you.

In a story close to my heart, a new type of playgroup at our Hackham Community Centre is giving people from all walks of life the chance to explore culture and the environment. Read all about it on page 9.

Speaking of the environment – by popular demand, we are bringing back our Gardening Competition for 2024. Just in time for spring, we invite all green-thumbed tenants to take part! No matter what kind of garden you have, this is your chance to showcase your skills and creativity. You might just be crowned as a winner in one of our six categories!

Keep warm and see you in the next edition.

**Tammy Elvin**  
Regional Manager Fleurieu and KI

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Churchill Tenants at the Celebration

# CELEBRATING CHURCHILL

Recently, Junction hosted a community celebration to mark the first birthday of our \$8.2 million Churchill Road development.

The event doubled as an official opening for the four-storey building, comprising 23 one and two-bedroom apartments.

We celebrated the anniversary with live music from Zac Eichner, alongside a delicious morning tea spread from local Prospect businesses.

After a Welcome to Country by Petiola Wilson and Michael Connelly, Lucy Hood MP, Member for Adelaide, spoke to mark the occasion.

Junction CEO Maria Palumbo said the site, ideally located near transport and key services, had been transformed.

“Our revitalisation has created a thriving new, vertical community which 23 residents now call home. Previously there were three obsolete homes here. This is what renewal is all about.”

“It is wonderful to now officially mark the opening of the building and celebrate with everyone involved in the project, especially those who call it home,” she said.

Thank you to everyone who joined us on the day, and especially to the residents of the apartments who welcomed us so warmly into your home.

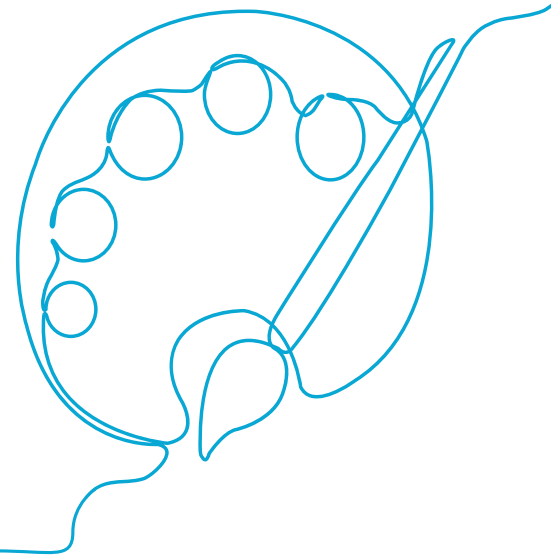


Tenants & Community Celebrating at the Event



**“I WAS ON THE VERGE OF HOMELESSNESS ONCE AGAIN. I DIDN'T HAVE ANYWHERE STABLE TO LIVE AND THIS MEANT I COULDN'T WORK TOWARDS MY OWN GOALS.”**

*Keahnee immersed in painting*



# PAINTING A NEW PATH

For 23-year-old artist Keahnee, the choice between pursuing her passions, or affording rent was once her harsh reality – something she believes other young people like her also experience.

For years, Keahnee’s daily dilemma meant she never had the mental space, or opportunity, to consider her future. However, after finding housing through Junction, she has managed to bring her artistic vision to life.

“I was on the verge of homelessness once again. I didn’t have anywhere stable to live and this meant I couldn’t work towards my own goals,” Keahnee said.

“I was either able to work on my art and not have somewhere stable to live, or I could have a home and barely afford the rent, which meant I worked 2 jobs, often 9 days straight.”

At the time, Keahnee was living in a youth accommodation shelter. Through their recommendations, and with support from The Foundry by SYC, she connected with Junction. After settling in to her home last year, she reflected on how stable housing has changed her life’s trajectory.

“I feel like I have a balance of structure and flexibility in my life now, and I can work towards my goals. I finally have balance and I now have a middle ground between where I used to be and where I’m going with Junction which is nice,” she said.

Keahnee believes there are many other young people like herself, who may find themselves in a similar situation.

**“As a young person, if we work and pay normal rent, we can’t afford to eat. There are so many independent young people with heaps of skills that just need somewhere to base themselves,” she said.**

“You have people that maybe can afford the rentals, but most young people just can’t which leaves us in this gap that is really hard to get out of.”

Now free from housing stress, Keahnee has dedicated herself fully to her art – and has seen great success.

“I was part of an art feature for Wardli Youth Centre, I sold a painting last year in the SALA exhibition and I have since worked with the City of Onkaparinga running art workshops. I’m also going to do a sequel of the painting that I sold,” Keahnee said.

Keahnee believes her art is also a great way to share her own story.

“My art tells my story. I love the attention to detail with art, the idea of starting blank and building something up, I see myself in that.”

She hopes to continue bringing joy to those around her with her work.

“I hope to just continue with how I’m going now with my housing and my art – I want to see my art everywhere in my new community and just know it brings people joy.”

SIX AWARD  
CATEGORIES

ENTRIES CLOSE  
30 SEPTEMBER



# Gardening Competition

Calling all green thumbs, Junction's Garden Competition is back for 2024. Show off your skills and creativity and win prizes!

- One winner and one runner up in each category
- Open to all tenants and skill levels
- Enter as many categories as you like
- You can nominate a neighbour, provided they live in a Junction property.
- Winners of the competition will go into the CHIA SA Growing Together Gardening Awards for the chance to win the statewide competition.

To enter please contact the Community Engagement Team on 8275 8700 or email [communityengagement@junctionaustralia.org.au](mailto:communityengagement@junctionaustralia.org.au)

Most  
Creative/  
Unique  
Garden

Best Front  
or Back  
Garden

Best  
Fresh  
Produce  
Garden

Best Neat and  
Tidy Garden

Best Small Garden  
(Balcony, vertical, indoor)

Most  
Improved  
Garden



# TAUONDI COLLEGE

Tauondi is an Aboriginal Community Organisation leading the way in training, health and wellbeing programs, cultural services, and employment services.

Its training courses help foster employment prospects and increases employment opportunities for its students and other Aboriginal Community members in South Australia.

Tauondi achieves this by:

- Preparing Aboriginal job seekers for suitable and sustainable employment;
- Encouraging Aboriginal workers to upgrade their existing skills and knowledge and to be mentored in the workplace, which improves retention and success;
- Helping employers provide more job opportunities for Aboriginal people; and

- Assisting employers to mediate any issues or concerns in relation to employing Aboriginal people especially from a cultural perspective.

**For more information or to check out available courses, call 8240 0300 or visit the website at [www.tauondi.sa.edu.au](http://www.tauondi.sa.edu.au)**





The group learning from each other

Naomi and Maureen from Spirit in Unity



# PLANTING SEEDS FOR COMMON GROUND

Planting 'seeds' to create common ground, is the foundation for a program forging connections between families, the environment and culture at our Hackham Community Centre (HCC).

Little Mother Earth Caretakers is giving parents, carers, and children from all walks of life the chance to learn about, and explore, culture and natural resources.

Delivered by local business consultants Spirit in Unity, around 28 people attend the program, which commenced at the beginning of the year.

Spirit in Unity owners Maureen and Naomi believe recent events have created opportunities to "learn from each other".

"It is so important to find what binds us, rather than another division," Maureen said. "The earth is everyone's common ground."

Little Mother Earth Caretakers harnesses singing, dancing, music, storytelling, painting, drawing and nature play. All materials used during the group "are straight from the earth" or recycled.

Tammy (HCC's Team Leader at the time) said community response to the program has been overwhelming.

*"It's really beautiful to see so many of our regular playgroup families and others who are new to our centre, expressing interest and engaging with this program and each other," Tammy said.*

"This includes several parents and carers of Aboriginal children, who are keen to ensure they, and their kids, are able to connect or reconnect with culture, in a safe and relaxed way."

Spirit in Unity have previously delivered programs at children centres, schools, and a range of other events, drawing on their personal lived experience and research.

"We, one hundred per cent, know that understanding your culture – no matter what that is – is at the heart of your identity and valuing yourself in the world around you," Naomi said. "It can really steer your whole life trajectory, your outcomes, your peace, and happiness."

Lauren, who attends the program with her daughter Betty, 19 months, said the program was "different to other playgroups".

"It's very special," Lauren said.

"I think it's important to teach connection to culture from a young age because then it becomes a part of who they are. They are then more inclusive adults, and they can own the story of the land in a way that my generation wasn't taught to."



Oaklands Park Walking Group

# RAY OF SUNSHINE

They have walked 500 miles – and they will walk 500 more.

The busy feet of our Oaklands Park Walking Group featured on Channel 7's 'Ray of Sunshine' segment in April.

The Walking Group initiative, which started during COVID in 2020, grew out of community conversations.

Four years 'down the track' the Oaklands Park group, which started with a handful of regulars, now boasts over 40 registered participants.

Since the group began residents have reported:

- Increased positive mental health and reduced symptoms of anxiety and depression – due to improved social connections
- Increased mobility
- Improved mood and sleep
- Increased energy and stamina

In addition to the Oaklands Park initiative, Junction has supported the emergence of two new groups – at Mitchell Park and now, Goolwa.

For more information about the Walking Groups, contact the community engagement team on 8275 8700.

**THE OAKLANDS  
PARK WALKING GROUP,  
WHICH STARTED WITH A  
HANDFUL OF REGULARS,  
NOW BOASTS UP TO  
40 PARTICIPANTS  
EACH WEEK.**





"A GROUP OF US CATCH UP A FEW TIMES A WEEK TO WORK WITH MODEL TRAIN SETS, BUT WE TALK ABOUT ALMOST EVERYTHING ELSE TOO."

## BACK ON TRACK

At 63 years old, David from Oaklands Park is a quiet but positive advocate for mental health.

In 2019, David lost his wife. During this time, David found solace in his many interests – one of these being regular walks with the Oaklands Park Walking Group.

"When my wife passed in 2019, I made sure I had a broad range of interests that stopped me from going completely to pieces," he said. "The walking group was a good way to exercise and meet some people closer to home."

He believes that it is important not to isolate yourself during difficult times, even if you may want to, and to find activities you enjoy doing.

"I think if you're feeling lonely, or like you need to do a bit more activity – it's a good idea to reach out and join a group of some kind," David said. "Even if it doesn't work out long term it's still a good starting point."

Alongside the walking group, David is also a member of several model train clubs – another great passion of his. David attributes his resilience to the support networks he has built through his interests.

"The pandemic came along only 6 months after my wife passed, and shortly after that I was diagnosed with prostate cancer, so that really compounded my misery, because

I couldn't go to the model train shows and my mind really suffered," he said. "I made it through by the support of the people around me."

Now, 5 years on, David is still an active participant in these groups – and he plans to continue well into the future.

"I will continue to be a part of these different groups in my future. I really like participating in them all and it makes me feel good."

*Men's Health Week (10-16 June) is celebrated every year around the world. It is an opportunity to highlight the importance of men's health and men's mental health and emotional wellbeing.*

# E BIKES & E SCOOTER SAFETY

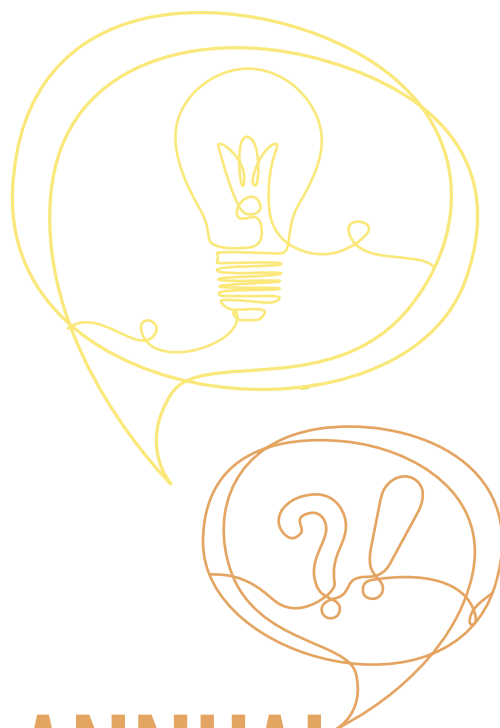
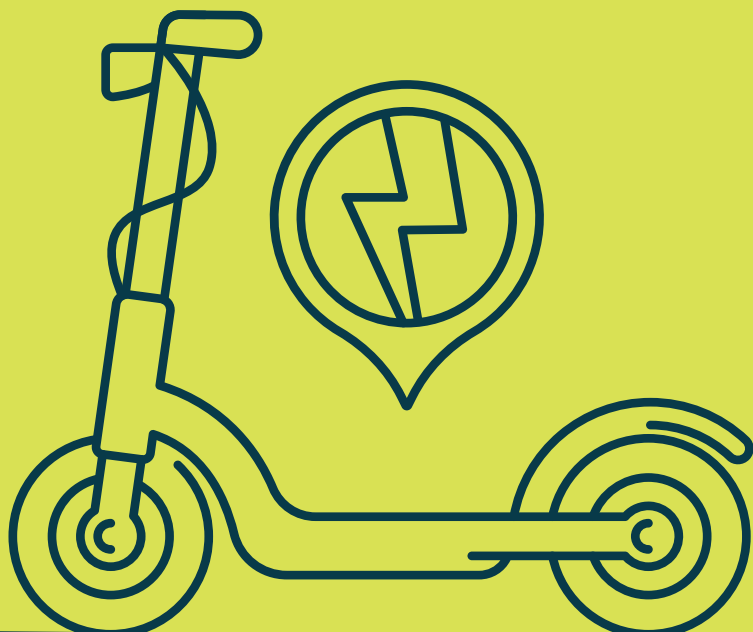
Different e-bikes and e-scooters have different power requirements, and the batteries are designed specifically for the model of bike you have. Unfortunately, that means that your e-bike's or e-scooter's charger is only meant for use with that model.

So, if you get an e-bike or e-scooter, you shouldn't use any other charger except the one that is specified for use with it. That way, you ensure it's getting the correct voltage and wattage.

Using a charger that doesn't match the exact power requirements could risk a short circuit, leading to an explosion.

If you must charge your e-bike or e-scooter at home, ensure it isn't left unattended. That way, if something happens, you can respond immediately.

So, if it starts to heat up and smell different, you can unplug it immediately, let it cool down and have the charger and bike or scooter checked for fault.



## ANNUAL TENANT SURVEY

Our Annual Tenant Survey is back this year and once again we are seeking your feedback. This feedback, good, bad, and otherwise, is what helps shape our services - so that we can deliver the best possible housing and support.

Keep an eye out for the survey, landing in your letter boxes in August. Simply fill it in and use the reply-paid envelope to send it back, or you can log on and complete it online using the enclosed instructions.

**If you need assistance completing the survey, please contact your housing manager.**



Ziggy and Blake

## FRESH NEW SPACE

Ziggy from Glengowrie feels his recently refurbished bathroom is like a completely new space.

Due to the bathroom's condition, Ziggy was having issues with water escaping out of the shower cubical. It became an increasingly unpleasant environment for him to be in, as well as causing damage to the structure of the house.

Junction inspected the property and confirmed the bathroom needed renovation to modernise the shower components and resolve the waterproofing issues.

The resulting refurbishment, completed by Davis & Brooks, has

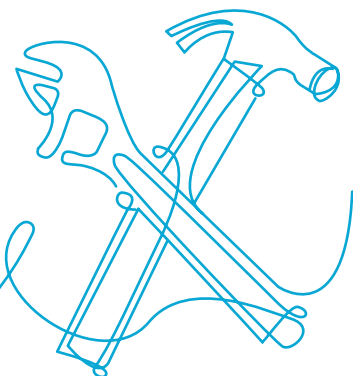
now transformed Ziggy's leaking, cluttered bathroom into a functional space he now enjoys.

"They (the contractors) did a perfect job. They were friendly and respectful," Ziggy said.

Blake, Site Supervisor for Davis & Brooks, said seeing the positive difference his team's work has on people's lives makes it even more worthwhile.

"It's one of the most satisfying parts of my job, being able to see a finished product," he said. "When the person living there can see it all come together, you can tell it does mean a lot to them."

**"IT'S FAR MORE COMFORTABLE NOW, AND EVERYTHING IS NEW AND MODERN. MY FIRST SHOWER IN HERE WAS VERY NICE."**





# CAULI CHEESE PASTA BAKE

A thank you to Rebecca from Mitchell Park for our recipe this edition.

## Ingredients

- 375g Woolworths penne rigate
- 1/2 cauliflower head, leaves intact, cut into large chunks
- 50g butter
- 1 brown onion, diced
- 200g shortcut bacon, diced
- 2 tbs plain flour
- 2 cups milk
- 125g fresh mozzarella, grated
- 1/4 punnet sage

## Method

1. Preheat oven to 200°C/180°C fan-forced. Cook pasta in a large saucepan of boiling water for 14 minutes, adding cauliflower and leaves in the last 4 minutes of cooking. Drain. Return to pan.
2. Meanwhile, melt butter in a large, deep frying pan over medium heat. Add onion and cook for 3 minutes, stirring, or until softened. Add bacon and cook for a further 5 minutes, stirring, or until golden.
3. Reduce heat to low. Add flour and cook for 2 minutes, stirring, or until a bubbling paste forms. Gradually add milk for 5 minutes, stirring constantly, or until thickened slightly. Add half of the mozzarella and stir for 1 minute or until melted.
4. Add milk mixture to pasta mixture, then stir to combine. Transfer mixture to a 22 x 32cm roasting pan. Scatter over remaining mozzarella, arrange sage on top, then bake for 15 minutes or until golden. Serve.

# WORDOKU

## MEDIUM DIFFICULTY

**Wordoku is a twist on the classic Sudoku.**

The rules are similar, but the numbers are instead replaced with letters.

- ⋮ Fill in the entire grid
- ⋮ using only the first nine
- ⋮ letters of the alphabet
- ⋮ No letter should
- ⋮ repeat in any row,
- ⋮ column, or box.
- ⋮ The letters don't always spell
- ⋮ a word, in Wordoku, letters are
- ⋮ just used instead of numbers

I					D		B	H
H				G	B			
		C	A			F		
E	G			C		A		
	I		H	B	G		C	
		B		F			I	G
		E			C	B		
			G	H				A
D	C		B					I

	G		H	C		D	I	
D					G			C
C	B		D			A		
H						C	G	
I								B
	F	B						E
		I			E		F	D
B			I					H
	E	D		H	A		C	

Solutions in the  
next edition.



# FAMILY BY FAMILY

Family by Family is a network of families helping other families make the changes they want in their lives. It is a home-grown model, co-designed with families for families.

Since 2012, Family by Family have supported over 1,500 families to make lasting change in their lives. Based on evidence, through peer to peer coaching and professional mentoring, families acquire the skills to build better lives.

The only eligibility for Family by Family is that families have a child or children under 18 years living in the home, they want something to change, and they live in a community where Family by Family is up and running.

## We're looking for two types of families:

- 1. Families who need support.** Is your family is going through a tough time? Would you like to talk to another family who've been there, done that? Family by Family will pair your family with another family who can provide support.
- 2. Families who can provide support.** Has your family been through a tough time and come out the other side? Want to use your experience to help another family in need? We'll provide specialised training so your family can provide tailored support.

For more information and to enquire call  
0478 109 701 or email [hello@familybyfamily.org.au](mailto:hello@familybyfamily.org.au)

FAMILY  family