

# Junction

WINTER 2023

# CONNECT



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# GET IN TOUCH

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## Office Hours

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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.**



## HI EVERYONE, WELCOME TO YOUR WINTER EDITION OF JUNCTION CONNECT!

It has been a cold start to the season, but we have been out and about collecting stories from our communities that we hope will warm your hearts.

We hear from some truly inspiring women in this edition - from Alana and Jessica on pages 4 & 5, who have found a sense of entrepreneurship, to Shohan on page 7, who opened her heart and her home when she became a foster parent.

We also head out to Saddleworth to chat with 93-year-old Margaret, who moved to the small town in 1957. We hear first-hand from Margaret how much the town of Saddleworth has changed through the years.

After an overwhelming number of nominations for our inaugural Connecting Communities Awards, we announce the winners on pages 8 & 9. It has been a privilege to read through the many stories of supportive neighbours, challenges overcome, and incredible goals achieved. It was a great reminder of how wonderful and resilient our community is.

Last but certainly not least, Trevor from Camden Park shares his delicious ANZAC Biscuit recipe with us. Keep warm and see you in the next edition.

**Ash, Maintenance Officer,  
Housing Services**


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](mailto:communityengagement@junctionaustralia.org.au)



## NAIDOC Week 2023

Join us for a celebration  
of culture and arts!

**FREE**  
music,  
food and  
activities

 **Wednesday,**  
**5 July 2023**  
**12pm to 2pm**  
 **Cosgrove Hall,**  
**Clovelly Park**

# INTRODUCING ADRIANA

Earlier this year, Adriana joined our Housing Services Team as the Aboriginal Housing Liaison Officer.

An Arrernte/Gurindji woman originally from Alice Springs, Adriana brings a wealth of knowledge and experience to her role. Having previously worked in community engagement and project management, Adriana is people-focused with a passion for creating meaningful change.

### GET TO KNOW ADRIANA!

#### What brings you joy in your work?

I have always loved working in property and tenancy services, and I enjoy working with my people - Aboriginal people. I find it very grounding. So, combining the two makes sense to me!

#### What would you like to achieve in your role at Junction?

Be a voice for our Aboriginal tenants and provide perspective to my colleagues on struggles Aboriginal people face that many may overlook. I also want to ensure Junction supports change where it's needed.

#### What values are most important to you?

Compassion - You never know what someone else could be going through.

#### FUN FACTS:

#### If you had an extra hour a day, how would you spend it?

Probably outside in the sun with my cat Marie.

#### Favourite show or movie?

My favourite TV show would have to be Supernatural, and my favourite film would be Hidalgo. It's a country western film about a wild mustang, I know it word for word!



“I JUST LOVE THAT I GET TO MEET SO MANY PEOPLE IN THE COMMUNITY AND I LOVE HELPING PEOPLE – IT’S REALLY REWARDING.”

# AN EYE FOR ENTERPRISE

## JESSICA

For 23-year-old Christies Beach resident Jessica, a passion for business and philanthropy born from personal hardship has inspired the start of a specialised food venture.

At age 14, Jessica was diagnosed with schizophrenia.

The flow-on effects of her illness meant she soon ended up homeless – and her latter teen years were spent couch surfing and sleeping rough.

“I felt like a burden during that time. I couldn’t supply my own food and I often had to rely on others. Sometimes, I just wouldn’t eat at all,” Jessica said.

After sleeping rough one weekend, Jessica reached her breaking point and walked into Junction.

“I felt alone. I didn’t have support and I was very unhealthy. I knew I had to do something, so I went in first thing Monday morning.”

Jessica’s personal experience and resourcefulness helped her to identify needs and learn market trends. She eventually supplemented this ability with a Certificate 3 in Business.

After establishing her first business at just 18, the young entrepreneur has developed an enterprising eye.

“Every day brings new challenges. I’ve experienced hardship and I wanted to make sure that I am never in that situation again,” Jessica said. “I just love that I get to meet so many people in the community and I love helping people – it’s really rewarding.”

Using funds from a successful jewellery business, along with earnings from part-time hospitality

work, she has plans to create Big Mumma Co; an affordable, healthy, pre-made meal service.

“What I’ve noticed is that healthy food can change your brain chemistry – your mood, your energy, everything,” Jessica said. “But it’s hard for singles. It’s hard for people struggling financially, and it’s hard for people who didn’t have anyone to teach them about cooking or nutrition.”

“As someone who has experienced hardship, relying on food donations can sometimes make us feel like less. I’m hoping to bridge the gap between affordable and healthy – I want to make a service for everyone.”

Jessica plans to launch Big Mumma Co. over the next 2 years when she has sourced funding.



“MY LIFE CIRCUMSTANCES HAVE PUSHED ME TO STRIVE FOR MORE.”

## ALANA

Experimenting with fragrances, colour combinations and hot wax are just some of the ways Alana, from the outer south, finds a sense of calm in her very busy life.

As a registered nurse and mum of two boys with special needs (autism and ADHD), Alana has channelled her creative passion of making candles into a form of therapy.

“At first, it was an opportunity to spend time with my best friend, who introduced me to candle making during Covid,” Alana said. “But now, it’s my escape. It helps me to take a break from the chaos in my life.”

The hobby, which she has dubbed ‘Candalana’, is the perfect excuse for Alana and her boys to get out of the house, spend time at the markets and socialise with the local community.

“It’s not about making money. It’s my hobby and my mental escape. It keeps me grounded.”

However, candle making is just one of many skills that Alana has developed over the years. Having spent her teen years working on cars and learning different trades, she has become very savvy.

“You wouldn’t know it but I know how to build a house,” Alana said. “I recently landscaped my front yard and I sourced everything for free from Marketplace.”

After a rough childhood and losing her father nine years ago, Alana has

adopted a driven, positive mentality.

“My life circumstances have pushed me to strive for more,” Alana said. “I always knew I wanted to be in the medical field. Being pregnant with my eldest pushed me to pursue this.”

After completing the two-year enrolled nurse diploma in just 12 months, Alana went straight into her two-year registered nursing qualification before completing a graduate’s degree in mental health – all while raising her children.

Alana credits her close-knit community and her lived-experience with mental health for helping her to keep moving forward.

“I just keep going. My son watches Finding Nemo – it’s just like that. Just keep swimming.”



# WARM FOR THE WINTER

Did you know there are friendly little faces that could use your spare manchester or bedding to keep warm this winter?

Animal shelters seek out donations to keep their furry residents snuggled up as the cold rolls in. It's a great way to give a little something back, and it also helps the animals feel warm, safe, and secure in their environments. You can donate the following items:

- Towels (new and used)
- Flat sheets (new and used)
- Fitted sheets (new and used)
- Pillow cases (new and used)
- Blankets (but not feather doonas)
- Pet beds

It's important to check with the shelter of your choice first to ensure your donation will be accepted and find out the best process to follow. If you can, give the items a wash before you hand them over and try to avoid donating bedding with holes and strings hanging out.

**ANIMAL SHELTERS SEEK OUT DONATIONS TO KEEP THEIR FURRY RESIDENTS SNUGGLED UP AS THE COLD ROLLS IN.**



**WE'RE ALWAYS ON THE LOOKOUT FOR SAFE, SECURE HOMES FOR CHILDREN WHO MOST NEED IT.**

**If you have ever thought about becoming a foster carer or would like some more information, chat to our friendly Foster Care Team:**

 08 8203 5700

 [fostercare@junctionaustralia.org.au](mailto:fostercare@junctionaustralia.org.au)

 [junctionaustralia.org.au/foster-care/](http://junctionaustralia.org.au/foster-care/)

## FOR THEM

For Murray Bridge resident Shohan, becoming a carer had always been on the cards. Growing up in a tight-knit family, she quickly developed a natural affinity with children.

“Even as a child myself, I was always offering to take care of the other kids in my family. My mum said I started doing it when I was only three,” she said. “As I grew older and my friends started having children, I would also offer to take care of them.”

Shohan, who has a 19-year-old biological son, opened her heart to a little girl after meeting her through work.

“I was a Student Services Officer at a primary school and the principal there had short-term care of a young girl. At nine months old, she was so tiny, she couldn’t even hold her own bottle,” she said. “When they struggled to find her another home,

it just broke my heart. So, I decided I’d do it.”

After undergoing the appropriate processes, Shohan took on the young girl’s care.

**“It happened so quickly but I knew she needed a home, so I didn’t mind,” she said. “She is the most beautiful little girl. My whole life has changed.”**

Three years on, Shohan now also cares for the little girl’s sibling – a one-year-old boy. Supported by Junction, her family and community, Shohan has enjoyed every moment of her journey.

“I have never once regretted it. There are challenges for sure. Recognising they have trauma and dealing with the emotional side is always difficult,” she said. “But it’s been amazing seeing them grow,

seeing them smile, hearing their laughter. Just knowing they’re happy and safe.”

Now three-years-old, the little girl has grown to become brighter and more curious than ever.

“When I first got her, they said she wouldn’t walk, wouldn’t talk, wouldn’t do anything. She has since proved all the doctors wrong,” Shohan said. “If she was left in the environment she could have been left in, she may not have hit her milestones.”

She hopes both children will grow to live their lives to the fullest.

“No child chooses to be born into a bad situation. I don’t want them to feel that they’re disadvantaged because they were in foster care,” she said. “At the end of the day, you’re doing it all for them.”



## CONGRATULATIONS TO OUR WINNERS

After an overwhelming response of positive nominations, our panel has deliberated and the results are in!

It has been a truly heart-warming process to read all of the wonderful stories of neighbours looking out for one-another, individuals using their hardship to motivate and give back, and community members going above and beyond to create inclusion and belonging.

A very big congratulations goes out to all of our nominees for their outstanding contributions to those around them.

## POSITIVE INFLUENCE



### Debbie, Oaklands Park

For demonstrating acts of kindness and leading by example through decades of volunteering, fundraising, leading initiatives and championing her community.

*Runner-up:*  
Anthony, Melrose Park

## COMMUNITY CHAMPION



### Renate, Oaklands Park

For going the extra mile for her community to ensure their safety and wellbeing, cooking meals and providing resources to those in need, leading initiatives, fundraising and events, advocating for change, and always thinking of ways to help and enrich the lives of others.

*Runner-up:*  
Leonie, Kangaroo Island

STAY TUNED FOR NEXT YEAR'S AWARDS!



# CONNECTING COMMUNITIES AWARDS 2023

## OUTSTANDING ACHIEVEMENT



### **Phyllis, Fleurieu Peninsula**

For turning life-long challenges and hardships into motivation to pursue artistic passions, sharing her culture through connection, mentoring and therapeutically supporting those in need, and inspiring others through kindness and understanding.

*Runner-up:*  
Kristian, Mitchell Park

## YOUTH EXCELLENCE



### **Jesse, Mitchell Park**

For striving through hardship to achieve stability and career excellence while supporting his community through kindness and compassion.

*Runner-up:*  
Veronica, Inner-south

## COMMUNITY CHOICE



### **Lilian, Mitchell Park**

For being a role model and always supporting her community through volunteering, organising and collecting weekly food donations, looking after and checking-in on neighbours, picking up rubbish and removing vandalism, and supporting special events.

*Runner-up:*  
Michelle, Mitchell Park



## A SPOTLIGHT ON SADDLEWORTH

Close-knit communities and a quieter lifestyle are just some of the benefits of country living.

Surrounded by farmland and characterised by its historic buildings and skinny roads, the small town of Saddleworth boasts just that.

Located in Gilbert Valley, around 100 kilometres north of Adelaide, the town became a popular transport route in the mid-1840's when copper was discovered in the nearby town of Burra.

Now, Saddleworth is home to just under 500 residents.



“The area is well known for its farming land, having seen plentiful crops of fruits, vegetables, wheat, barley, and canola throughout the years.”

## TALES FROM SADDLEWORTH

93-year-old Margaret, a town veteran, moved to Saddleworth in 1957. She has been living in her current home since 2011.

Over the years, she has witnessed many changes to the town, from housing development to an influx of small businesses. Today, they even have their own tattoo artist.

The area is well known for its farming land, having seen plentiful crops of fruits, vegetables, wheat, barley, and canola throughout the years. In fact, the land that Margaret lives on was once an orchard.

“We had wonderful crops this year,” Margaret said. “The rain really helped the growth.”

Margaret, who was in high school during World War 2, has also seen a change in technology, land prices and access to services, with the closest doctors and hospitals being around 30 kilometres away.

“Mostly couples in their 60’s move here. They come here to retire, although usually one of them will still be working.”

However, something that has remained constant in Saddleworth is the strength of its community.

“One of the shops burnt down a few years ago,” Margaret said. “The local townspeople raised enough money to buy the land and build a park in its place.”



# Pets FREQUENTLY ASKED QUESTIONS



Junction understands there are many benefits of owning a pet. Pets can increase opportunities to exercise, get outside and make new friendships. Pets can help manage loneliness and mental health by giving us companionship and a purpose. If you are thinking of getting a pet, please contact your Housing Manager in the first instance. They will have a discussion with you around gaining approval and will provide you with a Pet Application Form.

Your Housing Manager will assess your application, taking into consideration the size of the house/unit, the yard size and neighbouring properties. Your Housing Manager may contact you for further information before a decision is made. Please note, written approval may take up to 28 days to receive.

## What are my responsibilities as a pet owner?

If you gain written approval, it is your responsibility to:

- Provide your pet with nutrition, personal care and the medical attention they require.
- Clean up any waste or mess your pet makes.
- Ensure your pet does not cause any damage to your Junction home.
- Ensure your pet is not a nuisance or danger to other people or animals.
- Keep your pet under effective control at all times and restrain or cage/crate your pet during routine inspections.
- Abide by all council bylaws and regulations, including microchipping and de-sexing of animals.
- Ensure the home is free of pet odours and maintained in a clean and sanitary condition at all times.

You must seek approval before getting a pet.

For more information, speak with your Housing Manager or call our Marion Office on 8275 8700





Elizabeth in her home.

## NEW 'PROSPECTS'

It was a truly special moment when we turned (over) the keys to the first apartments at our Churchill Road development earlier this year.

Junction's Churchill Road development is an \$8.2 million project comprising a mix of one- and two-bedroom apartments located in the heart of the vibrant City of Prospect. The development reached completion earlier this year and has since become home to 23 Junction families.

For Elizabeth, who was the very first person to move into the apartments, she describes her experience as 'life-changing'.

"I saw the advertisement for these apartments in one of the previous editions of the Junction Connect magazine," she said. "When I rang up, they told me I was the very first one to call!"

Having previously lived in Nuriootpa, moving to Churchill Road meant being closer to her work, and an opportunity to re-connect with her family and community.

*"When I first stepped inside, I was just overwhelmed. It was beautiful. It's so clean and new. I spend a lot of time on my balcony too – play a couple of CDs and just relax," she said. "I love the fact I'm close to everything too. I do have a car, but I can catch the train to work if I want, and I'm right in the middle of my two kids. As I'm getting older, the fact that there's a lift is great."*

Those who currently live in the development range in age (from 17 to 74) with different family sizes, life-stages, backgrounds, and lifestyles. However, despite these differences, the new community is already beginning to flourish.

"I've made so many friends already - my neighbour Sam and I are besties. The community is really coming together. We've already planned to have dinner together, have a barbeque, some cheese and wine nights or movie nights in the shared space. I can't wait," she said.



# TREVOR'S ANZAC BISCUITS

## Ingredients

- 250g butter
- 2 tablespoons golden syrup
- 1/2 teaspoon bicarbonate of soda (baking soda)
- 1 tablespoon boiling water
- 2 cups rolled oats
- 3/4 cup (150g) plain (all-purpose) flour
- 1 cup brown sugar
- 1 cup shredded coconut

## Method

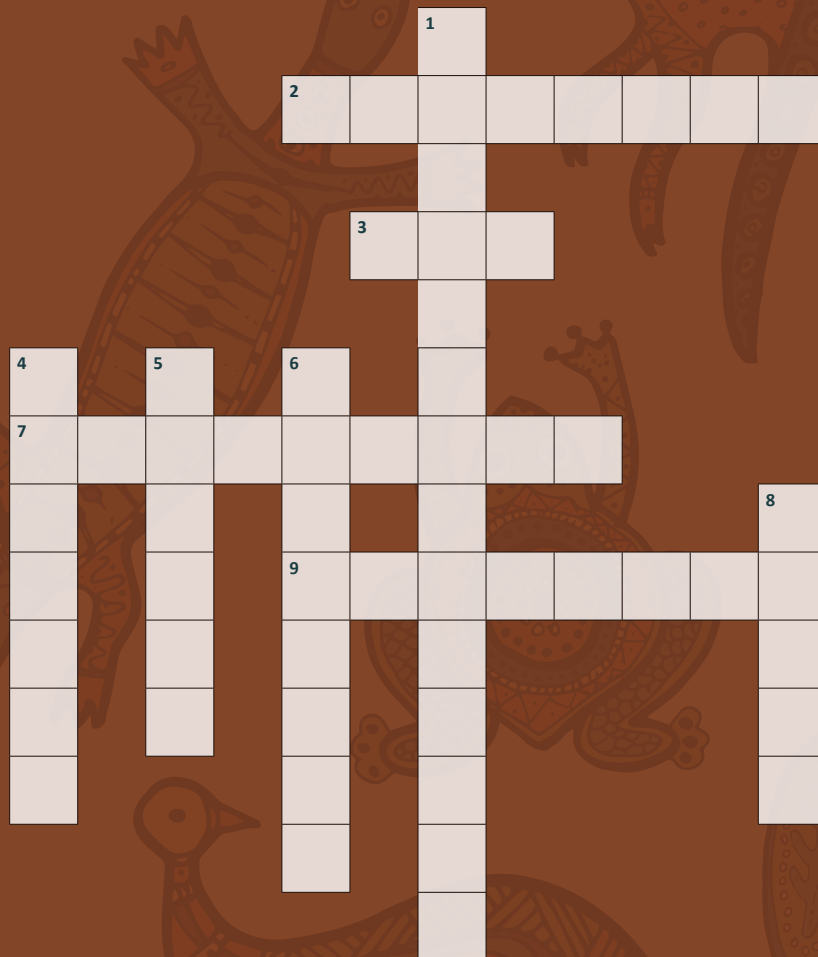
1. Preheat oven to 180°C/350°F. Grease two large oven trays, line with baking paper.
2. Mix the oats, shredded coconut, and flour together in a bowl.
3. Stir butter, sugar, and syrup in a medium saucepan over low heat until smooth. Stir in combined soda and the water, then add remaining ingredients mixed in the bowl and stir.
4. Roll the mixture into small balls; place 5cm (2in) apart on lined trays, then flatten slightly.
5. Bake for 10 minutes or until golden. Remove from the oven when trays are cool enough to touch.

## Trevor's Top Tips

- They cook very quickly in the oven so make sure they don't burn!
- If you like them a little crunchier, store them in the fridge.
- Trevor is famous for using them as wafers with a thin layer of vanilla ice cream in the middle, yum!



# AUSTRALIAN ANIMALS



## Down

1. Until recently, this marsupial was only found in Tasmania
4. A mammal that appears on the 5c coin
5. The collective group of this marsupial is known as a wisdom
6. This bird has a crest and curved bill
8. An endangered marsupial known for eating eucalyptus leaves

## Across

2. A semi-aquatic, egg-laying mammal
3. The bird featured on the Australian Coat of Arms
7. Never smile at a ...
9. A marsupial that can hop up to 8 meters in a single bound

**Solution will be published in next edition**

## Autumn Edition Solution

**Down** 1. *Sturts Desert Pea*, 5. *Bottlebrush*, 6. *Eucalyptus*, 7. *Tea Tree Oil*

**Across** 2. *Wattle*, 3. *Kangaroo Paw*, 4. *Banksia*, 5. *Bluebell*, 8. *Acacia*, 9. *Gum*



# 2023 Community Housing Art Awards



We encourage tenants who are artists,  
established or emerging, to participate in CHARTS.

CHARTS celebrates and showcases the creativity of  
community and social housing tenants.

There are a total of 15 awards  
available for:

- Youth Entrants  
(18 years or younger)
- Emerging Entrants  
(19 years old + and  
practicing professional  
of less than 5 years)
- General Entrants  
(19 years old + and  
practicing professional  
of more than 5 years)

Key dates:

30 April

Entries open

31 July

Entries close

28 September

Awards Ceremony

29 Sep – 12 Oct

Exhibition at The Mill Gallery

12 October

People's Choice Award Announced

For more information:

[chartsawards.com.au](https://chartsawards.com.au)