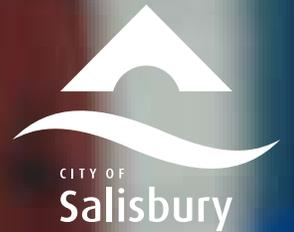


Salisbury *Aware*

Edition #34 • AUTUMN 2011



A boxer and a monk,
a teenager and a nonagenarian:

Salisbury's new Living Legends

are as diverse as its residents.
Discover what unites them. page 6



Use it or Lose it: Brain Gym

Classes to activate the mind and
strengthen the memory
are keeping Salisbury's
seniors sharp. page 11



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City of Salisbury launches a series of social media sites. page 5

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Dr. Elaine Rodgers • Dr. Hung

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1 Soldiers and Families Settle In Over 1,000 soldiers from the 7RAR Battle Group began arriving at Edinburgh Defence Precinct. Meet some of our latest residents and find out how they are settling in.



30 It's happening in Salisbury A new social gallery features images of recent local events.



From the editor



Multiculturalism will be much discussed this month. As Australia celebrates its 13th Harmony Day on March 21 the world debates the merits of a nation built on a diversity of backgrounds and beliefs.

In the next few weeks there will be many speeches by politicians and much discussion from academics, journalists and opinion makers. What is multiculturalism? Is it healthy? How can you measure its value? And so on.

For the residents of Salisbury multiculturalism is a way of life. This city is a model for diversity. The availability of affordable, quality housing has attracted a rich, diverse group of residents who have built their homes in this city's suburbs. A quarter of Salisbury's residents were born overseas. Twenty per cent of residents speak a language other than English, including large groups of Vietnamese, Italian and Khmer speakers. More indigenous people live here than in most other local government areas in the state.

Religious tolerance is part of everyday life in Salisbury. Within the city lives one of Adelaide's largest groups of Buddhists together with a high proportion of Christians of various denominations. What binds this diverse mix of cultures, aspirations, backgrounds and beliefs are our community leaders. Each year we ask for nominations of suitable ambassadors: people who have contributed something special to the community and who are role models for the rest of us. This year the individuals that make up the 2011 Living Legends epitomise the diversity of the City and the qualities of our residents.

Page 7 introduces Jack Buckskin, a young Aboriginal man who is determined to keep the culture of his ancestors alive and tirelessly teaches children the Kurna language and its traditions. Charlie Coumi is also profiled. After developing into a talented boxer as a teenager he has used his skill and patience to develop young boxers and offer direction outside of the boxing ring.

On page 16 Australian Army soldiers talk about their recent relocation to the Edinburgh Defence Precinct Base and how their families have handled the move to Adelaide. And on page 20 the leaders of some of the City's newest music groups talk about what drives them and how singing and dancing is keeping their culture alive.

For an illustration of the richness that multiculturalism brings our city and the values, dreams and hopes that unite our residents, turn the page.

Credits

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If you would like additional copies of Salisbury Aware, you can purchase them at \$2.50 each by visiting Salisbury Council, 12 James Street, Salisbury.

Have Your Say

This is your community magazine and you are encouraged to send story ideas and photographs for consideration for publication in future editions of Salisbury Aware.

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Everybody Belongs Harmony Day Celebrations

Once a year, on Harmony Day, Australians honour our proud tradition of welcoming people from around the world and educating our children to counter ignorance.

Schools, groups, councils and the community celebrate the dynamic and diverse country that Australia has become with a celebration on March 21 each year.

City of Salisbury will be hosting a Harmony Day celebration on Sunday 20 March with a fun community event with music and activities for everyone at St Jays Recreation Centre (15 Brown Terrace, Salisbury) from 12pm to 3pm.

This event will celebrate the successful Salisbury Link program, which saw local sporting clubs welcome more than 200 new arrivals.

Harmony Day is an Australian Government initiative that was first held in 1999 to provide Australians with an opportunity to reflect on our multicultural society, and to re-commit to continuing tolerance, goodwill and understanding among all groups.

The day coincides with the United Nations International Day for the Elimination of Racial Discrimination.



To find out more call 8406 8222 or visit www.salisbury.sa.gov.au



Own It! 2011 Youth Week

Young people will be encouraged to express their goals and dreams and create their own destiny around Australia during Youth Week this April.

The week is the largest celebration of young people in Australia. Thousands of people aged 12-25 get involved each year.

It is an opportunity to share ideas, attend events, showcase talents, take part in competitions and have fun.

The City of Salisbury has a long history of working with young people, agencies and community groups for the development of an annual Youth Week program.

This year Salisbury will partner with Blue Light for 'Sleep In' - a sleep over with a focus on youth homelessness. Activities will include team problem solving, movies, a BBQ, basketball and breakfast.

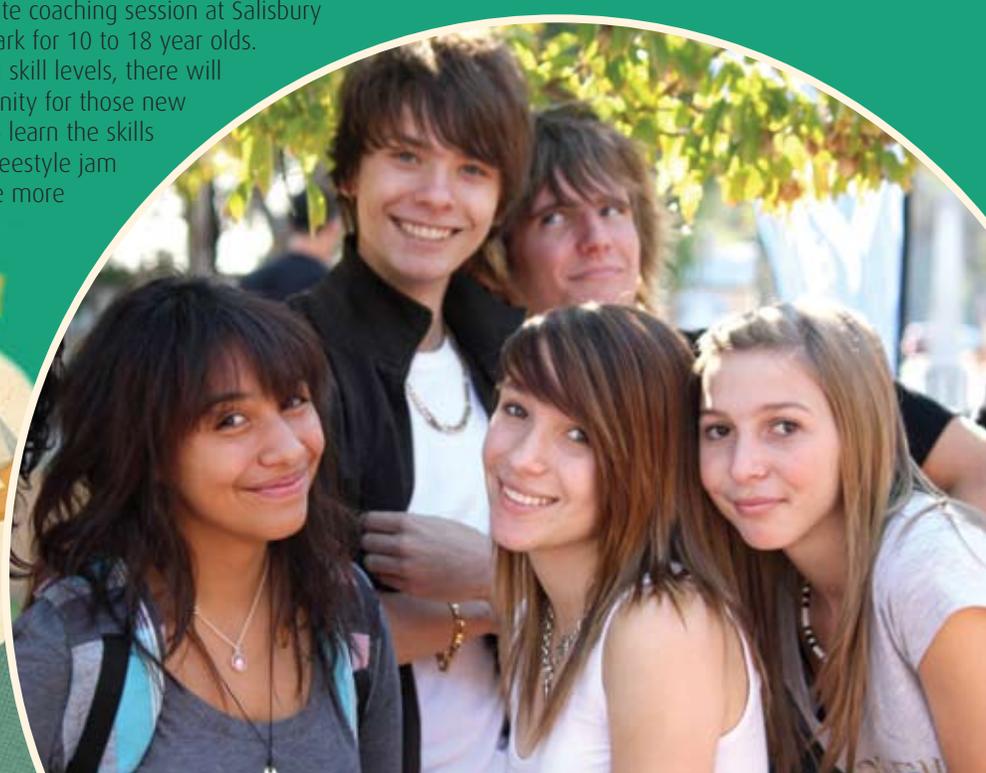
Midnight Basketball - a recreation and education program introduced last year - will celebrate the week with guest speakers to talk to young people about leadership and healthy eating.

The Twelve25 Salisbury Youth Enterprise Centre will host a skate coaching session at Salisbury North Skate Park for 10 to 18 year olds. Suitable for all skill levels, there will be an opportunity for those new to the sport to learn the skills as well as a freestyle jam session for the more experienced.

Youth Week 2011 takes place from Friday 1 April to Sunday 10 April.



To get involved or find out more about the events visit www.salisbury.sa.gov.au





Like - Comment - Share Find Salisbury on Facebook

The City is launching a series of web pages taking advantage of the latest online technology to keep residents up to date on what is happening in their area.

Late last year Facebook, You Tube and Twitter pages were created and in the next few weeks www.salisbury.sa.gov.au will be completely relaunched incorporating new technology.

The new online presence will give more timely and accurate information on what is happening in Salisbury as well as new developments, programs and initiatives.

A simpler Council web site will make it easier to find facilities, information and pay bills.

The use of Google Maps, including links to public transport information, will make getting to libraries, community centres, recreation centres and parks easier.

Residents will also be able to create multimedia customer requests which will make reporting incidents and requesting information faster and simpler.

Efforts are also being made to ensure these pages are more accessible for residents with sight impairments by adhering to international guidelines on accessibility.

The new Facebook page is kept constantly up to date with information on the events, activities, images and characters of Salisbury.

This will give Facebook users the opportunity to more easily connect with Council and find out about community events.

Photos are constantly being posted and the community is invited to add, tag and comment about their own events.

We are aiming to reach 1,000 likes – people who follow and contribute to our page – by the middle of the year.

Please go to our page facebook.com/cityofsalisbury like it and suggest it to your friends who also want to find out what is happening in Salisbury.

For residents who use Twitter, follow twitter.com/cityofsalisbury to keep up to date.

Need help with the internet?

If you are interested in using the internet and would like a little assistance in learning some skills, the City's community centres and libraries offer classes and individual tutoring for different levels of experience.

Alternatively if accessing an internet connection is a problem, the City's libraries offer a wireless service – for members - and the use of in-house computers.



For more information on community centres call on 8406 8222 and for information on Libraries call 8406 8311.



Salisbury's new website will make it much easier to find Council facilities, seek information and pay bills.

Record Year Anticipated for Art Prize

Submissions are being accepted for the third Watershed Art Prize, which organisers expect will set a record for the number of entrants.



Last year Australian landscape artist Hans Koppan won the first prize from 80 submissions with 'Touch Down' (pictured).

Artists have until 1 June 2011 to submit their work, based on the theme of water sustainability and wetland biodiversity.

Work is to be two dimensional using any medium. The exhibits will be displayed at the John Harvey Gallery in James Street, Salisbury, during May.

A first prize of \$5,000 is up for grabs for the winner, donated by the International Centre of Excellence in Water Resources Management (ICE WaRM), with a prize of \$1,000 for the runner up and a third prize of \$500.

The Watershed Art Prize is open to all South Australians over 18 years old, and local artists are encouraged to participate.

Sponsor, ICE WaRM, provides a national focus and international gateway to Australia's education, training and research expertise in water management.

The winners will be announced at the opening of the exhibition on 8 June 2011, which will run until 29 June 2011.

Enquiries to Steve Davidson, Cultural Liaison Officer at the City of Salisbury, on 8406 8469 or email sdavidson@salisbury.sa.gov.au

All works must comply with the rules of the Watershed Art Prize available from Council.



Further details and entry forms are available from the City of Salisbury or visit www.salisbury.sa.gov.au



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Newest Living Legends Highlight Salisbury's Diversity

There isn't a stronger demonstration of the diversity of our community and the character of our residents than this year's group of Living Legends.

Salisbury's new seven Living Legends will be honoured at an official ceremony as part of the Mayor's Cocktail Function later this month.

Though the tools of each of our new ambassadors differ dramatically, the similarities of these driven residents are equally as obvious.

With seemingly limitless generosity and an abundance of energy and dedication, they each strive to support and lead their community. The diversity of our new group of Legends is best demonstrated by the inclusion of both a boxer and a Buddhist monk.

The City is tremendously proud of its 2011 Living Legends and appreciates their dedication to making our City a community that supports all residents.

The Living Legends awards were introduced in 2005 to recognise individuals that have contributed to our community. The awards recognise the achievements of these individuals and gives the City of Salisbury a chance to say 'thank you' for their inspirational efforts.



Anh Oan – Humanitarian

Anh was among the hundreds of Cambodians who moved to the northern suburbs of Adelaide during the 1980's. President of the Khmer Buddhist Association of SA, he has made a significant contribution to the Salisbury community by helping local Cambodians live harmoniously and integrate successfully into the local community. Anh has worked with local companies and Council to assist the new arrivals find employment and deal with social problems such as isolation, gambling, drug abuse, obesity and literacy.

He is currently working to establish the unfinished headquarters of the association which will create jobs for local youth in building and landscaping.



Barbara Wiesner – Art

Barbara is a passionate Salisbury resident who for many years has worked on establishing and supporting learning programs in Salisbury.

Working at the Paddocks Centre for five years, Barbara supported gardening groups, craft classes and multicultural groups which gave new arrivals a starting point as they started to learn about their new home.

One of Barbara's most significant contributions to Salisbury has been her commitment to cultural development. Utilising her significant experience from 22 years at the SA Writers Centre, Barbara played a vital role in developing the annual Salisbury Writers' Festival since its inception in 2005.



Matt Fitzgerald - Charity

During his entire life Matt has contributed to the community through his career and by the serving a number of key service organisations. He served during the Second World War and worked for the police force for 14 years during which trained young horses for the rigours of duty.

After his wife contracted Polio in 1953 and was confined to a wheelchair he lovingly cared for her unassisted for the next fifty years. Remarkably Matt found the time and energy to dedicate himself to the development of his community and the care of its residents. He held various positions with the Lions Club International in Salisbury, Meals on Wheels and St Vincent de Paul and was the first president of the local Neighbourhood Watch.

Matt served on the boards of the Lions Save Sight Foundation and Eye Bank and his devotion to charity work was recognised with the Order of Australia in 1992. In his retirement he has dedicated himself to his family and the environment. Now in his nineties he continues to enjoy the company of his 15 grandchildren and 20 great-grandchildren and supports the Trees for Life program by caring for 600 native trees in his backyard.



Roger Dennis – Community

Roger has been dedicated to helping the community and promoting the City through his 29-year involvement with Rotary. He has helped establish community facilities locally and overseas.

Roger was a key member of a group that travelled to Fiji and the Solomon Islands and helped villagers establish community buildings and homes.

In recognition of his efforts with Rotary, the group presented Roger with the Paul Harris Fellowship Award. Roger also helped set up the local community radio station 5PBA.



Jack Bucksin – Indigenous Services

Jack is a 23 year old with a passion for his culture and a drive to keep it alive.

His heritage stems from the native Kurna people and he is working to fulfil his dream of teaching the Kurna language and sharing his culture with the wider Salisbury community.

Jack teaches dance lessons at the Kurna Plains School and has a dance group, Kuma Karro, which translates to One Blood. His aim is that one day those living in the Adelaide Plains will have an understanding of the history of this land.

Last year Jack was awarded the 2010 Young South Australian of the Year for his commitment to his culture and continuous drive to ensure the preservation of the Kurna language.



Rebecca Conole – Youth

Rebecca is a vibrant and enthusiastic young woman advocating on behalf of other young people in the Salisbury community.

She is a member of the City's Youth Council and has initiated programs such as the creation of 200 backpacks for homeless youth in the area.

Throughout her time on the Youth Council her skills have developed considerably and she has demonstrated excellent leadership and mentoring skills in her work with others.

Rebecca also dedicates much of her free time to organising and supervising youth events such as the Elizabeth Blue Light Disco and Youth Week.



Charlie Coumi - Sport

A national champion and now trainer, Charlie Coumi (featured on cover), has raised several generations of young boxers and has used his sport to make a positive difference to many young lives.

Growing up in Para Hills, Charlie joined a small boxing club in 1975 at the age of 17. Confessing he found boxing by accident and joined the sport for the wrong reasons, Charlie soon came to realise there is a lot more to it than fighting.

“Boxing takes discipline, respect and hard work,” said Charlie.

Assisting in the coaching of other boxers at the club, Charlie's trainer saw his potential and in 1990 handed the club over to him.

Starting out with simple equipment and an old, leaky shed, his enthusiasm for the pugilistic art of outscoring your opponent saw membership grow.

His real passion is the kids. “You still have a chance to influence their life choices,” he said.

Having a real heart for young people from disadvantaged families, Charlie declares his coaching to be similar to youth work.

He provides practical advice on social norms and endeavours to foster the personal development of respect for self, others and property.

In 2009, Council built a new boxing hall for the Para Hills Amateur Boxing Club.

Since that time, the club has grown to around 100 members, including some young boxers destined for the Olympics. Charlie's vision is to see Para Hills Boxing Club become a centre of excellence for boxing and to continue helping young people develop into adults.

At the end of the month the 2011 Living Legends will be officially recognised at the Mayor's Cocktail Function.



For details on previous Legends and how to nominate future candidates go to www.salisbury.sa.gov.au



Story by Monique Warren

New Soccer Facility Boost for Clubs and Players

A soccer stadium second only to Adelaide United's home ground will open this season giving local clubs access to national-standard facilities and residents more opportunity to play the country's most popular sport.

Burton Park, a new \$4 million multi-club facility on Waterloo Corner Road will open before the coming soccer season in April. Local clubs are already raring to get on to the three new floodlit pitches which were jointly funded with the federal government.

"Burton Park will be second to none in this State; outside Hindmarsh stadium it is the premier facility in South Australia," said Duncan Burns, president of Salisbury United Football Club.

"The new pitches and the facilities will be of a national standard – getting three pitches like that in the northern suburbs is like hitting the jackpot."

Last season the growing club was sharing grounds and school ovals, which was restricting playing time for more than 160 players.

The size and standard of the new facility will give local sportspeople more playing time and attract high level soccer to Salisbury, said Michael Carter, Chief Executive Officer, Football Federation SA (FFSA), the lease holder of the new facility.

"The facility has been designed to cater for high level matches," said Michael.

"In addition to the 400 + club players that will be able to use it on a weekly basis, the grounds will attract SA Super League matches as well as Adelaide United's youth and women's teams.

"The facility will also have the capacity to cater for weddings, birthdays, corporate events and community gatherings."

To attract highly skilled teams and development opportunities for local players of all ages, Council will for the first time lease a facility to a state-level sporting body.

The deal with the FFSA, which has links with the national body, Football Federation Australia, will give local

players a pathway to develop to an elite level and attract more sporting events to the area.

This year the venue will host the National Schools Championships and the Masters Games Football tournament. Local clubs will also begin to see the benefits.

Soccer (or football) is the most popular team sport in Australia. Last financial year 644,000 men and women above the age of 15 played indoor and outdoor soccer, according to the Australian Bureau of Statistics.

The FFSA reports an eight per cent increase in players each year for the last five years, with significant growth in the northern suburbs.

Burton Park will allow another of Salisbury's clubs to expand this season and cater for a new group of players. "The enthusiasm and interest shown in football by female players at Salisbury Inter has been tremendous," said President Nick Sincock.

"The new ground will allow us to hopefully expand the number of women's teams in the future."

The venue will also give more children the chance to try the round-ball game. For the first time this year United will launch a new form of the

game for juniors called small-sided soccer.

"Small-sided soccer uses a small pitch – a third of normal size – and five or six children play on each team which means that every child participates, which you don't always have with larger fields," said United's Duncan Burns.

"The market for this game in the northern suburbs is virtually untapped and we think there will be at least three small sided teams from Burton alone."

After visiting Adelaide's top ovals including the Adelaide Oval and Hindmarsh stadium, Council staff, together with the FFSA, designed the entire facility with Council undertaking the project and construction management.

Details of Burton Park

- Three national-standard, floodlit soccer pitches
- Five team change rooms
- Two referee change rooms
- 200 seat function centre complete with 200 seat grandstand
- 1,600 square metre play space
- Car parking for 90 vehicles
- Football Federation of SA regional office
- Connection to recycled water for irrigation
- 30 Kw Solar panels to provide power to Council's infrastructure on site.

The development of Burton Park will have long term benefits for sport in Salisbury. Council gained valuable insight into sporting facility design during the project which can be applied to future developments in the City.



For further details on the opening of Burton Park check www.salisbury.sa.gov.au

For more information on playing soccer call: Michael Carter at Football Federation of South Australia, 8340 3088
Nick Sincock at Salisbury Inter Soccer Club, 0401 206 333
Duncan Burns from Salisbury United Football Club, 0422 400 462

Burton Park will give local clubs such as Salisbury United Football Club room to expand. The club is planning to launch a new form of football for juniors – small-sided soccer.

From Salisbury *With Love*

Imagine moving halfway across the world from your mother and never writing home again because you felt guilty for leaving and chasing a better life.

Now 75 years old, Concetta endured this guilt and pain for decades after leaving Italy in 1965 to start a new life in Salisbury.

In a new book published by the City of Salisbury, Concetta finally writes the words she never had the chance to tell her mother.

Her story is filled with the hardship, adventure, risk and reward experienced by many of the early migrants.

Concetta had a troubled upbringing. She lived in a town in Italy with her mother, father, three brothers and three sisters.

Her father fought in the Second World War and while he was away her home was completely destroyed during a bombing raid when she was nine years old.

The family lived under a tree until a priest found them and invited them to live at a nearby school. They were very grateful to have a roof over their heads, even if their only privacy was a thin sheet separating the families.

Concetta, together with her brothers and sisters, left school and found work to support the family.

The impoverished conditions began affecting everyone's health. Her youngest brother became sick and died of a stroke just before his third birthday. Soon afterwards her father passed away.

The family was forced to live at the school for several more years until they moved in with an unmarried aunty. They were eventually given a house by the government.

In typical Italian fashion, romance rescued Concetta from poverty.

Life changed for the then 22-year-old the day she met her husband. She looks back on this day with a sparkle in her eye.

"I was at the market with my cousin, who was also named Concetta, and we crossed paths with two boys. One of the boys was talking about us but we didn't know who he was interested in because we each had the same name," she said.

"He was from a wealthy family and had a good life. I felt like I had nothing to offer him.

"He was very persistent and said that he didn't want anything but me. He said he had enough to give me and he was in love with me".

Six months later the couple was married.

After seven years of marriage and two children Concetta and her husband moved to Australia in pursuit of opportunities for their young family.

The couple never looked back. After arriving they added to their family with two more daughters.

"Salisbury is my place now, it is my home," said Concetta.

"I enjoy having picnics in the park with my children and eight grandchildren. I also enjoy my volunteer work because I get to help those older than me and make friends."

In 2010 Concetta had the opportunity to write the postcard she had never sent to her mum as part of the 'From Salisbury with love' project.

'From Salisbury with love' tells the stories of local Bosnian, Italian, Polish, Vietnamese and Arabic speaking seniors and their arrival, integration and contribution to the Salisbury community.

The writers proudly share their life stories on postcards that they are sending back home to their families and friends.

Concetta writes: "This postcard is for my mother Serafina, a postcard that I will never be able to send, I know it is too late but I want to take this opportunity to speak to her".



To read more of these stories and for a free copy contact Vesna Haracic, Community Services, on 8406 8227.



In typical Italian fashion, romance rescued Concetta from poverty.

The 'From Salisbury with love' project encouraged Concetta to finally write to her family in Italy about her life in Australia.

Wheels in Motion

Increases Safety and Employment Opportunities

Young people in Salisbury without access to a car or a driving teacher are learning the rules of the road and gaining valuable driving experience thanks to a new program launched this month.

“Wheels in Motion’ will assist young people aged 16 to 25 years living in the cities of Salisbury and Playford to learn to drive and build up the required number of supervised driving hours to apply for a licence.

“Young people and their families often struggle to afford lessons with a driving instructor, don’t have a qualified supervisor for the required 50 to 75 hours of driving or simply don’t have a car,” said Rick Henke, Program Director, Twelve25 Salisbury Youth Enterprise Centre.

“The ‘Wheels in Motion’ program will assist these young people by providing a volunteer driving mentor and a vehicle at a very low cost.”

Those taking part will need to have a Learner’s permit and have had four lessons with a licensed instructor. To gain a Provisional licence the applicants will still have to fulfil the standard requirements.

All involved in the program must also attend a road safety forum, which shares information about the statistics of young drivers in accidents and ‘the fatal five’ - the main causes of fatal accidents.

The mentors are members of the community who have had a full licence for more than two years and have a sound driving history. They are given training in working with youth and basic first aid and asked to obtain a national police clearance.

Rick believes that ‘Wheels in Motion’ will not only help young people become better drivers but also increase their work opportunities.

“This program removes some of the barriers young people face when getting their licence and will help them find a job as having a licence is something employers often look for,” he said.

The program is a collaboration between the City of Salisbury, City of Playford, SA Police and government and community groups. Grant funding support has also been provided by the Attorney-General’s Department.

 For more information on the program call the Twelve25 Salisbury Youth Enterprise Centre on 8253 9928. Those interested in participating are encouraged to register online at www.mybookingmanager.com/gettingPsmailing



New Youth Council Targets Homelessness and Teen Partying Practices

This year the Salisbury Youth Council and its nine new members aims to raise awareness about youth homelessness and educate young people on safe partying practices.

The Youth Council is made up of 18 members aged between 14 and 25 that represent schools, community groups, agencies and clubs in Salisbury.

The nine new members were selected late last year to join the council and will serve for two years.

It is a formal sub-committee of Council and is guided by six mentors from SA Police and other community organisations.

Each year the Youth Council works on a maximum of three projects that the members feel are important for Salisbury’s young people.

This year the group has decided to focus on increasing education about safe partying practices and raise awareness about youth homelessness.

This will build on its achievements last year when the members made 200 backpacks for homeless people to raise awareness of the problem and help those living on the streets.

The youth led project teams plan, develop and implement activities around their chosen projects. They then consult with other young people in the community and work with local businesses, community groups, community members, youth agencies and organisations to implement them.

The group is also planning to further discuss development of a youth specific play space and a youth action sports event.

 For more information on the Salisbury Youth Council go to www.salisbury.sa.gov.au



Use it or Lose it: A Workout at Brain Gym

When Ted and Vera Godfrey first noticed they were forgetting things like telephone numbers and dates, they thought it was all just part of the ageing process.

"We'd always tried to stay mentally fit and healthy but still found we were forgetting little things," said Vera.

So when the Salisbury Council, as part of their Positive Ageing program, introduced a new 'Brain Gym' class, Vera was one of the first to jump on board. "I really enjoyed it so I dragged Ted along and he thinks it's great too," said Vera.

Brain Gym incorporates challenging mental exercises, puzzles and games to help improve memory skills. The program will also introduce guest speakers who will explain relaxation techniques and other activities that all help to increase mental stimulation and delay the ageing process.

The class stems from a 2010 program run by Alzheimer's Australia as a pro-active approach to try and delay the ageing process. Studies show that introducing new exercises to boost memory and mental fitness helps combat cognitive decline.

Age-related memory loss is often the result of a lack of activity and stimulation.

Even in old age, the brain will consistently produce new neurons as long as it is being provided with stimulation which is why classes such as Brain Gym can be so important.

The Development Coordinator for Healthy Ageing and Access at the Salisbury Council and facilitator of the course, Jim Binder, introduced the class nine months ago after discovering a demand locally.

"We've found there has been a growing trend in baby boomers wanting to focus on health and wellbeing," said Jim.

"While people are aware that keeping their brain active is important, it takes more than a crossword each day – different parts of the brain need to be exercised.

"Brain Gym is about giving participants the skills to learn new brain exercises that are interesting and challenging and can be done at home, at work or even travelling in the car."

"Jim taught us how to break down information so we can remember it easily," said Ted. "Simple tips like remembering numbers in groups of four."

The classes introduce participants to a range of resources such as new technology like the Nintendo DS or the iPad as well as games like Sudoku to keep the mind challenged.

"The focus is to keep the exercises challenging for the brain and that includes using a variety of different exercises," said Jim.

Brain Gym is part of a Sharp Minds series run by the Council in order to encourage seniors to keep learning new things.

There is also one on one computer tutoring programs introducing broadband internet, chess, creative writing, indoor bowls and adult literacy to keep seniors involved.

After attending just four sessions of the Brain Gym classes, Ted and Vera have already noticed a significant difference in their memory.

The classes are held every second Wednesday of the month and new comers are encouraged to join. "It's such a friendly environment with people there to help," said Jim. "Just come and give it a go – you might be surprised by what you find."



For more information on Brain Gym or other classes that are part of the Positive Ageing program, contact 8258 7286.

Vera and Ted try out some new techniques to keep their minds challenged and active.

Give your Brain a Workout!

Here's a few fun brain exercises to train your working memory (they are not as easy as they first sound)

Say the days of the week backwards, then in alphabetical order.

Say the months of the year in alphabetical order. Easy? Then try doing it backwards, in reverse alphabetical order.

Find the sum of your date of birth, day/month/year

Name two objects for every letter in your complete name. Now try five objects, and use different items each time.

Wherever you are, look around and within two minutes, try to find five red things that will fit into your pocket and five blue objects that are too big to fit.



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Main picture: Bristol, UK 2009
Photograph by Luke Jerram

Play Me - I'm Yours; Salisbury's Public Piano Experiment

Salisbury will join cities around the world including New York, Belfast and Barcelona when it hosts the touring artwork 'Play Me - I'm Yours' in March and April this year.

The concept, created by British artist Luke Jerram, has seen over 300 street pianos appearing in 16 cities internationally.

Located in parks, squares, bus shelters and train stations outside galleries and markets, on bridges and ferries, the pianos become magnets that attract the public to play.

Many are decorated to create sculptural and musical canvases reflecting the communities in which they appear.

Come Out, the festival of contemporary and performing art for young people, will bring this interactive artwork to South Australia.

The City of Salisbury will host a piano from March 25 to April 10 during this year's Come Out Festival and Youth Week.

Council is using the initiative as a way to bring the community together, said Nichola Kapitza, Manager of Culture, Recreation and Youth, City of Salisbury.

"The artist's idea is to use music as a way for strangers to connect with each other and for people to have an active relationship with public space," she said.

"Unlike most public art or sculpture, which is simply there for people to look at, the pianos are for people to interact with in whatever way they choose."

Experience overseas (shared on www.streetpianos.com) shows that people embrace the idea.

When the artwork visited Birmingham, England, in 2008 with 15 pianos located in skate parks, industrial estates, laundrettes, outside pubs and football grounds, it was estimated that 140,000 people played them over three weeks. And only one of the pianos was vandalized.

"We don't know how people will react but we hope there will be some adventurous folk who will stop and tinkle the ivories and encourage others to join in," said Nichola.

The City is hoping our experience will mimic video from around the world showing every age group getting involved, from littlies bashing random keys, to teens mimicking their pop idols, couples picking out chopstick duets and older people reliving their rock 'n roll dreams.

An email from a Sydney resident during the 2009 Sydney Festival, describes one particular scene:

"A huge man appeared ... produced several books of sheet music and provided a recital worthy of any concert hall in the land; punctuated by laughing children, splashing in the toddlers pool and the sounds of aquatic life around any swimming pool in Australia at that moment. Only the privileged 100 or so patrons who were at the pool at the time could benefit, and perhaps this was the only performance this chap had given in years. It was very much appreciated by me and my students".

In Salisbury a group of six local young people will work on a design to decorate the piano, which will be brought to life by airbrush art school, Airbrush Venturi.

The piano will rotate around several locations in Salisbury, and is expected to make its first appearance outside the Len Beadell Library in the Salisbury Town Centre on March 25.

 For further information and piano locations check www.salisbury.sa.gov.au



Above: Times Square, New York City 2010
Photograph by Luke Jerram



Below: Sydney Festival 2009
Photograph by Luke Jerram

Salisbury's New Elected Members

Following last year's election the City's new Councillors were sworn in during their first official meeting in November.

From 27 candidates residents elected three new Councillors and returned 13 elected members to their wards. Mayor Gillian Aldridge was returned without a challenge to her position.

The election of Mirella Honner, 27, of Para Ward, Brad Vermeer, 21, of Levels Ward and Sean Bedford, 23, of South Ward, brought the number of Salisbury Councillors aged under 30 to six, along with re-elected Alex Coates, Riccardo Zahra and Chad Buchanan.

Ann Irving, who has served the City for more than 25 years, was not returned to her ward.

During their first meeting the new elected members created two new standing committees – the Budget and Finance Committee and a Sport, Recreation and Grants Committee - to oversee the development of the City's strategic policies and procedures for these areas.

Cr Donna Proleta was appointed Deputy Mayor for the year.

The following standing committees meet monthly, with the exception of the Audit Committee which meets quarterly:

Sports, Recreation and Grants
Chairman – Cr Riccardo Zahra

Policy and Planning
Chairman – Cr Chad Buchanan JP

Budget and Finance
Chairman – Cr Linda Caruso

Governance
Chairman – Cr David Balaza

Works & Services
Chairman – Cr Alex Coates JP

Audit
Chairman – Mr Peter Brass

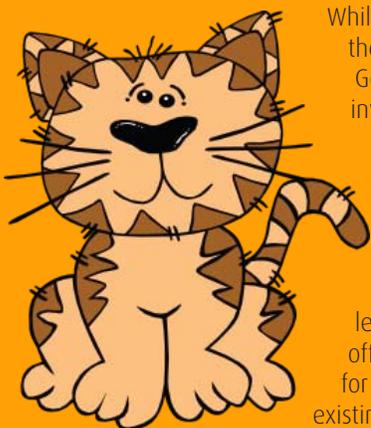
Committee and Council meetings are open to the public and the schedule is available at www.salisbury.sa.gov.au



The new City of Salisbury elected members.

Seated from left: Cr Linda Caruso, Cr Shiralee Reardon JP, Cr David Balaza, Mayor Gillian Aldridge, Cr Joe Caruso, Cr Brian Goodall, Cr Julie Woodman JP, Cr Jana Isemonger. Standing from left: Cr Elizabeth (Betty) Gill JP, Cr Donna Proleta, Cr Brad Vermeer, Cr Damien Pilkington, Cr Sean Bedford, Cr Alex Coates JP, Cr Riccardo Zahra, Cr Chad Buchanan, Cr Mirella Honner

Dealing with Stray and Semi-owned Cats



While Council and the State Government investigate new cat controls, expected towards the end of the year, current legislation offers solutions for many of the existing problems.

The major issue faced by the City is cats that are partially cared for by well meaning residents. These cats, known as "semi-owned", are often given food by residents however remain without an owner willing to take responsibility for their welfare.

Many semi-owned cats are either lost or have been dumped.

This problem can be solved by residents doing the right thing by the animals and by using other measures offered by the existing controls, said John Darzanos, Manager of Public Health and Safety.

"Many people don't realise that they are causing a bigger problem by feeding but not taking ownership of stray cats," he said. "This creates a population of unowned cats wandering the streets which isn't good for the welfare of the animal and causes problems for residents.

"The best thing for the animal and residents is if people take ownership of the cats and de-sex and microchip them, or otherwise call Council to enquire about trap hire."

Measures are available for people experiencing problems with cats, said John. "We receive a lot of complaints about cats consistently wandering into peoples' yards," he said.

"Cats that aren't in the yards of their owners can

legally be trapped and taken to an animal shelter if they can't be identified." To avoid a loved pet ending up in a shelter Council recommends pet owners take responsibility for their animals.

Responsible owners should de-sex their pets and adequately identify them through microchipping.

Curfews and enclosures are not compulsory however these types of restrictions can be imposed upon owners that do not prevent recurrent nuisances.

The State's Dog and Cat Management Board, which is currently considering the introduction of new state-wide cat controls, has produced a Cat Owners Handbook, which outlines how to best look after a pet and handle problems with stray animals. The advice can be accessed on the website www.goodcatsa.com

Cat traps are available for hire from Council. If you have any questions regarding responsible cat



Salisbury's Australia Day Award Winners

A clergyman, a youth leader and a community service organisation were recognised for their contribution to our City with the naming of this year's Australia Day Award recipients.

Reverend Dr Christos Tsoraklidis was named Citizen of the Year at a ceremony in the Council chambers on the morning of the country's anniversary. The award recognises Father Christos' 23 years of commitment to the Greek Orthodox Parish of St Dimitrios in Salisbury and the people of this community.

Countless residents have appreciated his care, guidance and support. His limitless desire to help was given form when he established the Cultural and Learning Centre next to his parish on Saints Road in 2006.

A steadfast believer in multiculturalism and the benefits of learning other cultures, many of the City's new comers have benefited from Father Christos' assistance after arriving in a foreign and initially daunting new home.

Benjamin Peter Maynard

Ben Maynard is an inspiring role model for young people in our City and was a fitting recipient of the Young Citizen of the Year Award.

Ben is respected and admired by both his peers and elders. As a young Aboriginal man he has become a leader in the community through his involvement in youth initiatives.

Much of his positive influence on young people has come through his involvement in sport. He has given countless hours to coaching, umpiring, organising and fundraising for netball and basketball teams in the City.



Above: Citizen of the Year, Reverend Dr Christos Tsoraklidis, Mayor Gillian Aldridge and Young Citizen of the Year, Ben Maynard

The varied and challenging roles he throws himself into continue to develop his leadership ability and the level of respect he receives.

Ben's involvement in the launch of Midnight Basketball last year - a program which combines a fun Saturday night for the City's young people with lessons on life, health, team work - helped ensure the success of the program and the participation of more than 50 people.

Community Group of the Year

Since building a kitchen for the Meals on Wheels Service in 1963, Rotary Club of Salisbury has grown into a tremendously generous and well organised group that supports the development of our City and individual residents in need.

Its now 35 members offer an example for how a group of well intentioned people with a strong community spirit can make a tangible difference to the lives of their neighbours.

One of the very impressive achievements of Rotary in Salisbury is the unique relationship they have developed with the City's youth. The club supports our Twelve25 Salisbury Youth Enterprise Centre and a number of the City's schools with driver awareness seminars, science forums and development awards. These initiatives pass on the life experience and wisdom of the diverse group of members and encourages our youth to fulfil their potential.

Nominations for the 2012 Australia Day Awards will open in September this year. Application forms will be available from the Council office or www.salisbury.sa.gov.au



ownership or solving cat problems, please contact Inspectorate Services on (08) 8406 8221 or email city@salisbury.sa.gov.au.

Deterring roaming cats

There are a number of ways to deter cats from coming on to your property:

- Sprinkle cayenne pepper, mustard, vinegar, eucalyptus or citronella oil around problem areas.
- Smear Vaseline on the top of fences and posts to prevent cats from getting a grip.
- To prevent cats digging at night water the area just before dark - cats do not like to have wet, muddy feet.
- Cover children's sandpits when not in use, particularly at night.
- If an uninvited cat is sleeping on the roof or bonnet of your car, hang ping-pong balls on fishing line from the roof of the garage at a height at which they just miss the car but will hit the cat. The balls will annoy the cat so much that it will find another place to sleep.

Source: www.goodcatsa.com

Common Parking Offences Explained



Last financial year 4,645 parking expiations were issued, down from 5,131 the previous year.

However there are a number of parking regulations that are continually broken. A new information booklet has been released by the City that spells out a number of the most common rules.

Stopping on a Continuous Yellow Line - It is an offence to stop or park along any road marked with a continuous yellow line.

'No Parking' Areas - Drivers may only stop within a 'no parking' area if picking up or dropping off a passenger or goods. Vehicles must not be left unattended and must leave the area as soon as possible.

'No Stopping' Areas - These areas are designated by Council for the protection of pedestrians. Drivers stopping in restricted areas cause blind spots for motorists and pedestrians. It is an offence to set down or pick up a passenger or goods in a 'no stopping' area, regardless of the timeframe.

Kiss and Drop Zone (at schools) - Drivers can pull up and the passenger can alight or get in the vehicle, however the car must then leave immediately.

Bike Lanes - Designated throughout the Council area to ensure the safety of cyclists, bike lanes may be operational at all times or signed with specific times of operation. It is an offence to park in a bike lane when they are in operation.

Entrance Ways - A vehicle must not obstruct an entrance way or crossing point to a property, even if it is your own.

The booklet can be found by typing 'parking' in the search field at www.salisbury.sa.gov.au

“We’ve been pleasantly surprised by what Adelaide has to offer, there are a great array of schools close to our new home and work which makes things a lot easier with children.”

Sold



Soldiers and Families Settle into the Northern Suburbs

The January arrival of 650 soldiers from the 7th Royal Australian Regiment (7RAR) Battle Group has propelled a wave of activity through the Edinburgh Defence Precinct.

With another 500 personnel expected to arrive throughout the year, a \$550 million redevelopment is almost complete with Edinburgh set to become one of Australia's only 'super bases'.

The new arrivals, predominantly from the Northern Territory, had a chance to get to know Adelaide when the Defence Community Organisation hosted a Welcome Expo on Sunday February 13.

The expo, at the Denison Centre and Mobarra Park in Mawson Lakes, introduced families to the opportunities in the northern suburbs with stalls providing information on a range of services including education, community and sport.

Major Ben Taylor, who arrived with his wife and three children from Canberra in late 2010, said the Expo was a great way to introduce new families to the area.

"Having been in the army for a while, we've moved a few times, but we have never seen anything like this," he said.

"We've been pleasantly surprised by what Adelaide has to offer, there are a great array of schools close to our new home and work which makes things a lot easier with children.

"The Welcome Expo has been a great introduction and offered very timely information."

Corporal Luke Goddard agreed. "The kids had so much fun with the slides and the animals so it made it very simple to get all this information at the one time," he said.

Group Captain Christopher "Reg" Carruthers, Commander of the Aerospace Operational Support Group is excited by the expansion the base has seen in the last 18 months.

"This is the best thing that's ever happened to the Edinburgh base," he said.

"The red brick 1940s look will be gone, creating a modern training facility that we're eager to show the new arrivals from 7RAR."

The Edinburgh expansion includes a state of the art training facility for heavy armoured vehicles, predominately used by the 7RAR contingent, as well as reinforced paved roads and a large driving track to facilitate the work needs of the drivers.

The redevelopment also includes a mess hall built to accommodate 3000 people, a new medical facility and the largest fitness centre in the southern hemisphere.

With the influx of personnel, new accommodation was also a crucial requirement.

The younger, single soldiers have moved into temporary accommodation facilities on site for the next few months as they decide whether to live on base or in the community.

Those with families have mostly moved to the surrounding northern suburbs.

"There is no telling the significant contribution that these families will make to the area, even just in terms of where they will shop," said Group Captain Carruthers.

"Expanding the Edinburgh base and relocating personnel to Adelaide provides an alternate location for those looking to join the army which will offer a good standard of living and an excellent work life balance."

The final part of the Edinburgh base redevelopment will continue throughout the year which will include replacing the traffic control tower.

Expansion on this scale has set a precedent for Edinburgh with Group Captain Carruthers looking forward to the new energy the redevelopment and the new arrivals will bring to the base.

"We're really excited to share these great facilities with the new arrivals and their families and we have no doubt they'll settle in fabulously in the northern suburbs."

Story by Nadine Bishop



Public Art Expressing Community and Vision

Driving around Salisbury you may have noticed curious and interesting objects in public places. They may be large or small, a mural or mosaic, an installation or a sculpture and they all have a unique and important role.

The more than 30 installations of art in Salisbury provide places for reflection, engagement and contemplation as well as focal points for meeting places. They show who we are as a community and the things we care about.

The City has invested in art to shape and attract people to common meeting places.

Two of the City's most popular installations that decorate meeting points in Salisbury North were created by a collaborative effort between residents and artists Adrian Potter and Bridgette Minuzzo.

Meeting places near Bagster Community House, Bagster Road, and at Greencroft Road in Salisbury North are made up of seating, story stones and patterned pavers.

“These meeting places go beyond being purely functional and the materials reflect the life of the people that use the space” Adrian said.

The story stones were decorated by the people of Salisbury North with sketches, symbols and representations that reflect the history, people and their visions for the future.

At Greencroft Road the paving design spirals inwards as a symbol of people coming together.

The seats are placed and shaped so that people can face each other and enjoy picnics, watch the nearby sport and keep an eye on children using the play equipment.

“Art in public places adds diversity, decorative elements and gives a different meaning to public places,” said artist, Adrian Potter.

Adrian is a conceptual artist and product designer who specialises in furniture. It's no accident that his work with partner Bridgette combines functionality and art in the form of meeting places.

The installations bring together the strengths of the couple. Adrian designs and builds the pieces and Bridgette works to involve the community.

When designing the Salisbury North meeting places the pair wanted to create spaces that were needed by the community, said Adrian.

“Initially we wanted to use material from the houses that were being demolished. Unfortunately this wasn't possible so we involved the residents by using pavers that they hand painted,” he said.

“These meeting places go beyond being purely functional and the materials reflect the life of the people that use the space”

From murals to sculptures, public art is growing in importance in Salisbury. It's ability to link residents with their environment and promote community expression is why the City invests in these projects.

Public art in Salisbury is commissioned by Council, State Government and developers.

Art is also used to symbolise the vision for new developments in the City. On a grassed riverside in Mawson Lakes sits 'Collecting Thoughts', a steel sphere by Margaret Worth. This piece symbolises the concept of Technology Park: the clustering of ideas and innovation to generate health and wealth in society.



'Balancing Act' in Mowbara Park, Mawson Lakes



Artists Adrian Potter and Bridgette Minuzzo worked with the community of Salisbury North to design and build this meeting place on Greencroft Road.

Across the way in Mawson Lakes is Mobara Park, signified by the 'Balancing Act' sculpture, where three concrete layered balls appear to be searching for their equilibrium. On creating the piece, artist Marijana Tadic said "In my public artworks, the ultimate aim is to create a positive impact on the surrounding environment and to provide a stimulating space".

"The sculpture symbolises a balance between our inner needs such as tranquillity and comfort versus material abundance and economic progress," Marijana explained.

The City of Salisbury will continue to embrace public art to promote and communicate the aims of new hubs of business, innovation, recreation and transportation. More installations are planned for this year. The new Burton Play Space near Burton Community Centre, Waterloo Corner Road, will feature a collaboration with the Jam Factory and children of Burton School.



For more information about art in Salisbury visit our website www.salisbury.sa.gov.au



Story by Sarah Poppy

A selection of Salisbury's public art

Name of artwork	Artist	Location
Len Beadell Memorial Artwork	Martin Corbin and Jan Aspenall	Meeting Room, Len Beadell Library, John St, Salisbury
Meeting Places (1)	Adrian Potter and Bridgette Minuzzo	Corner Shaxton St and Bagster Rd, Salisbury North
Meeting Places (2)	Adrian Potter and Bridgette Minuzzo	Greencroft Rd, Salisbury North
Bagster Entrance Statement	Adrian Potter and Bridgette Minuzzo	Intersection of Bagster and Waterloo Corner Rds, Salisbury North
Salisbury Interchange Memorial	Rachel Bullen, Josh Pearce, Sarah Pich and Fortunato Scarfo	Salisbury Interchange (behind information booth)
Collecting Thoughts	Margaret Worth	Recreation Reserve Area A, Technology Park, Mawson Lakes Boulevard, Mawson Lakes
Water Feature	Tony Rosella and David Adderton	Salisbury Civic Square, 62-66 John St, Salisbury
Ascension	Hussein Valamanesh and Craig Andraw	Technology Park Plantation, Mason Lakes Boulevard, Mawson Lakes
Balancing Act	Marijana Tadic	Mobara Park, Garden Tce, Mawson Lakes
Drawn Place, Drawn Space (artistic place)	Leslie Matthews	Mawson Lakes Primary School, Garden Tce, Mawson Lakes
Technology Park	Annabelle Collett	Parkway Road Reserve, Technology Park, Mawson Lakes
True North – Harnam Road Entrance Statement	Adrian Potter and Bridgette Minuzzo	Corner Harnam Rd and Bagster Rd, Salisbury North
Stowe Green Artwork	Jam Factory	Stowe Green, Salisbury North
Henderson Square	Martin Corbin	Henderson Square, Montague Farm Estate



Dancing Celebrates, Soothes and Woos

A group of women dancing to keep their culture alive is becoming a sought after act in their new home.

The Acholi Dance Group from Sudan has been entertaining Salisbury locals for more than five years and is beginning to get noticed in other parts of Adelaide. Schools, community groups and corporations are booking the dancers to bring a sense of celebration to an occasion.

The group began as an effort from one of the community to keep her culture alive after fleeing Sudan. Without a large community to teach the dances that were such a large part of life in Sudan the art was in danger of dying out, said Jessia Abier, the group's unofficial teacher.

"There was no one to teach the children and pass on our culture to them," said Jessia. "It is very important for us and important for the children to know where they come from and how we live."

Dance is an important part of every social occasion for Sudan's Acholi tribe and for many of the people of Africa. It is how they express themselves and communicate feelings that are too powerful for words.

The dances celebrate new life, mark maturity, woo new lovers and soothe mourners. The most energetic performances accompany weddings, births and birthdays and are as essential as gifts, food and laughter.

Each age group has a different routine. The young boys and girls swing their arms, kick their legs and nod their heads.

For the untrained, the best way to replicate the dance is to attempt an on the spot power walk, while laughing. The feet stamp, hips swivel and mouths grin widely. The moves become more subtle and hip-centric with age. The feet and arm moves needed to swing the hips of the more senior ladies are barely noticeable.

The important place of dance in the Sudanese culture is most obvious when the activity is least expected. Following a funeral, in place of standing around with faces glum and hands in pockets the Sudanese break into a paradoxical performance.

Initially the dance seems inappropriately jovial. The fast beat urges the performers to quickly pat their feet and gyrate clenched posteriors. A longer listen (and the help of a translator) reveals the intricacy of the act. The vocals provide a melancholy narrative that soothes and assures the weepers. The crowd gathers around the mourners and with nodding heads and stamping feet moves in a unanimous show of support. The sole vocalist sings: "Don't be sad that your husband is gone, you have children, family and friends that will take care of you".

The dance changes the mood and although smiles are less common than during other performances some can't resist. It's this atmosphere-altering effect that is growing the popularity of the Acholi Dance Group in Adelaide.

The dress is as important as the moves and music. Women wear bright skirts and shirts coloured green, sky blue or earth red with waist bands and jewellery to accentuate the moving body. Hair is tightly plaited and slicked with olive oil. The men wear pants and long shirts in similar colours - without the accessories.

When the group shuffles shyly into a hall or classroom the flamboyant costumes immediately change the mood. The audience can't help but be uplifted by the bright colours and smiling faces. It's also this excitement that draws the Sudanese to dance.

"It's important for our culture but we mostly do it just to have fun," said Jessia. "When the music starts we have to dance, we have no choice."

The task of passing on the century-old dances is in safe hands for the community in Adelaide. Having learnt the skills from her mother, Jessia has become an experienced teacher by instructing her kin. At last count she has five children and 15 grandchildren. While trying to explain her passion to *Salisbury Aware*, her heavy arms rock a three-month-old granddaughter to the rhythm of the background music. It's a first lesson for the latest generation.

Photos of the group can be seen on the City of Salisbury's Facebook page.



For more information on the Acholi Dance Group contact Jessia Abier on 0401 386 472.

Bhutanese Choir Brings Traditions to Life

Complaints from wives about their husbands are literally music to the ears of mothers in a tradition that captures the important role of song and dance for the Bhutanese people.

Festivals of celebration and religious homage and the accompanying singing are central to the Bhutanese way of life. A growing Bhutanese community in Salisbury is introducing their new neighbours to the colour, passion and drama of Hindu folk singing.

Each year families sing and dance their way through a calendar of events that are as much about the performance as the occasion. The calendar peaks in importance during the last three months of the year, beginning with the Dasain festival in October, which marks the victory of good over evil.

Then in late March or April each year it is the turn of women to take the spotlight. Daughters, mothers, grandmothers, aunts and nieces come together to lament the difficulties of married life and the pressures of fitting in with their in-laws.

"Traditionally it was difficult for Bhutanese women when they were married, they had to move into their husband's family home and serve all of their new relatives," said Ichha Poudel, a leader of the local Bhutanese Choir. "They didn't have any family of their own to talk to so this festival was their chance to express their frustrations and difficulties to their loved ones."

"During the Teej they gather at their mothers' homes, dress in red saris – a symbol of fertility – and tell stories, sing and dance."

There is now a community of approximately 800 Bhutanese in South Australia, estimates Ichha, with most of the group living in the City of Salisbury.

They began arriving in 2008 following years living in a United Nations refugee camp in Nepal after fleeing their country because of religious persecution.

The local group put together a choir to continue to practise and perform their songs and dances.

The group, which at its peak swells to 50 members, has a growing fan base in the City. It now regularly entertains seniors and community groups.

For those not familiar with the Hindu celebrations, the well-rehearsed performances given during festivals such as Dasain can resemble the dance seen in Bollywood films.

The women spin in slow circles, hips swaying while their hands and faces make gestures and expressions to emphasise their vocals.

"We sing to entertain and for our own happiness," said Ichha. "Typically we perform folk songs and sing it to pay homage to the gods and goddesses and sometimes imitate them."

Photos and videos of the group can be seen on the City of Salisbury's Facebook page www.facebook.com/cityofsalisbury



The group can be booked by contacting Ichha Poudel on 0411 315 655.



Local Band Releases New EP

Super-relaxed local band Fallen Sunrise will step up the pace this year and tour as far as their budget stretches to promote their new EP – 'The Way Life Is'.

It's taken the outfit four years to release an EP but now fans outside of the northern suburbs are beginning to appreciate their diverse style and laid back but curious take on life.

"We want to play as many places as we can for the next year or two," said Ash, lead singer and guitarist.

"We'll be doing gigs mainly in SA such as Mt Gambier and Pt Lincoln but we want to try and go to Tasmania and Victoria."

Dreamy days in the Dry Creek salt fields, a harmonica playing father and a poetic friendship are the influences behind the group's latest tracks.

The band began when Ash – who spent his free time writing poetry – met his musical match, Benny. The two began writing songs. Benny brought the music and Ash the meaning.

The combination was a powerful revelation for Ash who had been searching for an outlet for his words.

"For me poetry was a dormant thing I did for my own release, I'm not a big talker," he said.

"Now it's turned it into something I can express and share with people. Benny has shown me that people are interested in hearing other people's stories and relating to them."

The pair have since been joined by 2006 Salisbury Living Legend, Pearl, on bass and Gary on drums.

The group's music is a reflection of the everyday and the style alters with the mood of the song.

The four tracks on the EP offer an apology and deal with frustration and feeling down.

"Our music is probably more alternative rock. We're a rock band that plays a little bit of reggae, a little bit of punk and a little bit of country," said Ash.

"Our music is about a lifestyle – happy songs when you are happy, mellow songs for around a campfire, and sad songs when you are down."



More information on Fallen Sunrise's upcoming gigs and their new EP is available from the band's website www.fallensunrise.com



Stories by Nigel Huxtable

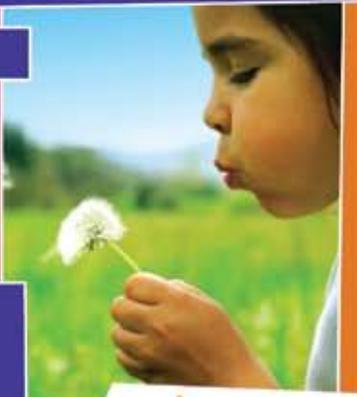
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Ph: 8346 9260 Mobile: 0413 113 950 or 0435 556 131



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Hawksbury Gardens Retirement Village

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Two bedroom resident funded units are also located at West Lakes Shore. One bedroom entry contribution units are located at Semaphore Park, Rosewater, and Grange.

Contact: Carol Underwood Ph: 8440 2206 for an application or in regard to current Vacancies



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Monday 28 March	10am - 11am
Wednesday 6 April	6pm - 7pm

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March 2011 to July 2011 Capital Works



Ongoing maintenance - Maintenance will occur around the city as part of an ongoing program. This includes such programs as kerb and gutter reinstatement due to tree damage and footpath reinstatement. For more information please contact the Customer Centre on 8406 8222.

Brahma Lodge

Roadworks - Reseal

Frost Road (Main North Road to Cross Keys Road) and Francis Street.

Building Works

Brahma Lodge Soccer Club (Cockburn Green) - building upgrade.

Burton

Roadworks - New Construction

Diment Road - major upgrade of Diment Road between Heaslip Road and Bolivar Road including an upgrade at the junction with Hawker Road. Hookina Road - design of a major upgrade including drainage and lighting.

Burton/Direk

Drainage Works

Burton West Industrial Drainage Scheme - culverts at Diment Road.

City Wide

Drainage Works

Watercourse Erosion - erosion control works along Little Para River.

Recreation and Sport

Demolition of unused netball shelters to reduce maintenance costs.

Ingle Farm

Parks and Landscape

Walkleys Park - fencing to limit unauthorised access.

Building Works

Ingle Farm Library - air-conditioning renewal (energy reduction).

Ingle Farm Sporting Club (Rowe Park) - design of kitchen and car park upgrade and associated works.

Mawson Lakes

Roadworks - Traffic

Mawson Lakes Boulevard / Park Way - new roundabout.

Parafield Gardens

Roadworks - Traffic

Richardson Street - centre blister and associated road reseal.

Bardsley Avenue - channelisation treatments at junctions with O'Neill Street and Tallon Street.

Morgan Street - channelisation treatments at Watkins Street and Hutchinson Drive.

Shepherdson Road - channelisation treatments at Vartue Street and Andrew Smith Drive and associated road reseal.

Building Works

Morella Community Centre - air-conditioning renewal (energy reduction).

Parafield Gardens Recreation Centre - air-conditioning renewal (energy reduction).

Para Hills

Parks and Landscape

Nelson Road - tree screen renewal near Murrell Road.

Para Hills Community Centre - landscape development.

Building Works

Para Hills Library - air-conditioning renewal (energy reduction).

Paralowie

Roadworks - New Construction

Bolivar Road - major upgrade from Burton Road to Waterloo Corner Road.

Parks and Landscape

Martins Road - median landscaping.

Para Vista

Parks and Landscape

Nelson Road - tree screen renewal near Warren Road.

Pooraka

Recreation and Sport

Lindblom Park - playground replacement.

Building Works

Pooraka Farm Community Centre - noise abatement.

Pooraka Farm Community Centre - air-conditioning renewal (energy reduction).

Salisbury

Roadworks - Reseal

Gawler Street and Church Street.

Roadworks - Traffic

John Street/Church Street - pedestrian crossing improvements.

Parks and Landscape

Cross Keys Road - next stage of verge development.

Building Works

Len Beadell Library - completion of various upgrade works.

St Jays Recreation Centre - air-conditioning renewal (energy reduction).

Salisbury Oval - various building upgrade works.

Salisbury Downs

Roadworks - Traffic

Winzor Street / Martins Road - improvements to shared-use path.

Parks and Landscape

Coach Road Reserve - landscaping.

Building Works

Salisbury West Library - air-conditioning renewal (energy reduction).

Salisbury East

Parks and Landscape

Agnes Court Plantation - landscaping.

Building Works

Salisbury East Community Centre - air-conditioning renewal (energy reduction).

Salisbury North

Roadworks - Traffic

Bagster Road / Diment Road - modifications to improve safety at level crossing.

Recreation and Sport

Happy Home Reserve - fitness loop.

Building Works

Bagster Road Community Centre - air-conditioning renewal (energy reduction).

Salisbury South

Roadworks - Traffic

Cross Keys Road - road reseal and completion of off-road shared use path and associated changes to pavement markings.

St Kilda

Parks and Landscape

Various upgrade works including liberty swing at the Adventure Playground.

Walkley Heights

Recreation and Sport

Pioneer Avenue Reserve - new play space and shade structure.





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Pathways to Success

Year 12 students achieved successful results in their SACE, reflecting hard work, energy and enthusiasm in their studies. Our University Pathway students were successful with 89% receiving first round offers and we celebrate 18 new school based apprenticeships. Our Vocational pathway students received above state average in Bs and Cs.

Blair McKenzie gained an impressive 91 tertiary entrance score (ATAR) for the University of South Australia with an additional eight students gaining 20/20. Ryan Cinnamon has been nominated for Australian Vocational student of the year.

These outcomes are testimony to the wonderful opportunities presented to our students on a daily basis and the commitment and professionalism of their teachers.



We invite Year 7 students and their parents
to OPEN DAY

Sunday 27th March 2011, 1pm to 3pm

14 Farley Grove, Salisbury North, South Australia 5108

Telephone: 8182 0200 Facsimile: 8182 0201

Website: www.salisburyhigh.sa.edu.au Email: info@salisburyhigh.sa.edu.au



Parafield Gardens
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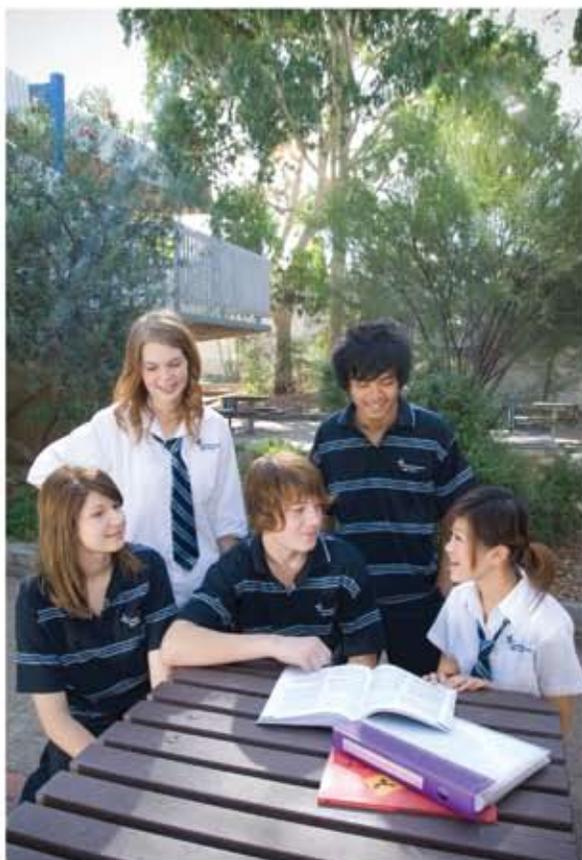
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Parafield Gardens High School

Affordable Assistance Saves Local Manufacturer

Assistance from the Salisbury Business and Export Centre (SBEC) kept the doors of a local furniture manufacturer open last year and attracted new investment into the area.

Eclipse Furniture, which had operated in Pooraka for nearly twenty years, was in imminent danger of closing before advisers from the SBEC laid some options on the table for the then owner, whose health was failing.

The business was put on the market and its only chance of survival was to attract an interested investor.

At the time Graham and Kay Van Staden, who recently emigrated from South Africa, were searching for a new investment opportunity.

Working with SBEC advisor, Rob Chisholm, they agreed on a deal and took over the company in July last year.

Without the assistance and expertise from Rob of the SBEC the new owners admit they wouldn't even have considered taking over the business.

"Arriving in a new country and buying a business is quite daunting, you need to both understand the market as well as the legalities and paperwork involved in the transaction," said Graham.

"The new owners retained the existing seven staff and have been kept busy keeping up with new orders in the first couple of months of this year, producing up to a dozen pieces per week."

The SBEC provided advice and training on creating a marketing plan, which includes an e-business strategy to assist the new owners with their expansion program.

"We make traditional classic furniture and we have also introduced a more contemporary range aimed at the younger market," said Graham "We have moved into shop fitting and office fit outs to diversify our product range."

"It has been a hard slog and things are improving slowly, it's quite encouraging."

Kay Van Staden is working on finding customers in new markets through the SBEC Business Women's Network and regular business breakfasts.

"It has helped me to connect with other women in local business and I am using the network to try and meet interior decorators and designers" she said.

For more information the Salisbury Business and Export Centre can be contacted on 8260 8205 or through www.salisburybec.com.au



For more information on Eclipse Furniture Designs go to www.eclipseonline.com.au or call 8349 6881.

Graham and Kay Van Staden are introducing a more contemporary range of furniture in an effort to secure the future of Eclipse Furniture Designs.



Women's Network Building Businesses

It's widely acknowledged that small business is the backbone of the Australian economy, but one of the lesser known statistics is that women account for almost half of all small business owners.

This fact has not been lost on the Salisbury Business and Export Centre, which established the local Business Women's Network in 2007. The network now has 195 members and is one of the most vibrant and active groups of its type in SA.

Meeting every eight weeks over drinks and nibbles or an occasional lunch, networking is the order

of the day. "We run our sessions in response to feedback from members who have told us that the opportunity to network in both a formal and informal way is the most important factor for them," said Annie Payne, the group's coordinator from the City of Salisbury.

All types and sizes of organisations are represented amongst the network, from home based craft and consulting businesses to major corporations.

One of the network's founding members, Liz, from catering company The Generous Cook (www.thegenerouscook.com), said that belonging

to the network has put her in touch with people who have helped her develop her business model, as well as find new customers.

"It's great to share ideas with other people in similar situations," she said, "I've even been able to collaborate with another complimentary business to pool our purchasing and get better prices from suppliers."



For more information about membership or events go to www.salisburybec.com.au or contact Annie Payne on 8302 5449 or email apayne@salisbury.sa.gov.au

**Sunday
10 April 2011
11am-2pm**



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- Refurbished Hall
- Progress on \$4 million Trade Training Centre



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The Ignite program is a selective entry program for gifted and bright students entering year 8. Ignite students at The Heights can complete years 8, 9, and 10 in two years. They can be accelerated in individual subjects and they can participate in a range of enrichment activities such as debating and night time astronomy programs in the schools astronomical observatory.

They study with and form friendships with other students who are also gifted or bright, in an environment which is caring and nurturing.

**Ignite testing will occur at The Heights School
on Friday 24th June 2011.**

Application forms can be downloaded at www.igniteprogram.com.au or collected from The Heights School.

For further information contact Rob Perkins (Assistant Principal) or Michelle Crush (Middle School Secretary) on 8263 6244.

THE CLUB



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**PARAFIELD GARDENS COMMUNITY CLUB
65 SHEPHERDSON RD PARAFIELD GARDENS
PHONE: 8258 4175 FAX: 8281 2994**

Croquet Revival

A game usually associated with Victorian England and high tea on the lawn is experiencing a revival right here in Salisbury.

In fact, the Salisbury Croquet Club in Orange Avenue Pooraka has been a well kept secret for over 100 years. Club Secretary Val Rogers said: "There's been a croquet club in Salisbury since 1910 with the first games played on the specially prepared lawns of the original members' homes." Salisbury is one of 45 clubs in South Australia and part of a vibrant local and national competition.

Several club members, including Stan and Aileen Inches, have represented the State at a national level. The club also won its first pennant flag in 25 years in last year's metropolitan competition. Val said that with an international croquet tournament planned for Adelaide in 2012 they are keen to raise awareness of the sport and their club and get more people involved.

"Croquet is a great game for all ages. It has elements of other sports such as golf and snooker - hitting at a large target, hitting to a position, hitting other balls - and develops good hand-eye coordination," said Val. "As a non-contact, non-confrontation game it's a great way to have fun, keep fit and meet new people."

 To find out more call the club President, Keith, on 8258 9069, 0417 858 153 or email fergys2@bigpond.net.au



Blooming Marvelous



Ever wanted to grow your own orchids? If you've admired these delightful, delicate plants and you're a keen gardener with an interest in learning more, the Northern and Eastern District Orchid Society may be just the group for you.

Club Liaison Officer John Di Niro said the club, which is based at Broadview, has a number of green-thumbed members from the Salisbury area and he would like to welcome more.

"We believe our club is ideal for people who are over 50 and wanting to keep active and engaged in a group where they can learn new skills, meet friends and join in with a range of activities," he said.

Club members meet monthly to display their orchids, share stories and tips and enjoy supper together.

 To find out more email John at gdiro@bigpond.net.au or call Club Secretary Tony Fawcett on 8331 8956.

Sporting Clubs Welcome New Arrivals

Seven Salisbury clubs representing a variety of sports have recently been involved with a program run by the Council to attract new players from the local migrant communities.

Recognising the benefits of broad community participation, the clubs have enthusiastically embraced the philosophy of the Salisbury Link program which identifies the barriers faced by migrants when it comes to participating in organised sport.

Barriers can include transport, the cost of registration and uniforms, language and cultural norms, perceptions of discrimination, and unfamiliarity with our sports and club scene. The program helps clubs find ways of overcoming these hurdles to make them more welcoming to people from other cultures.

The clubs now ready to welcome new migrants are:

- **Salisbury West Tigers Netball Club** – contact Chris on email chris.branch@bigpond.com
- **Salisbury Karate Club** – contact Derek on email derekmartin@karateaustralia.com or 8250 5947

- **Ingle Farm Little Athletics Club** – contact Michelle on email dmsander@tpg.com.au or call 0408 285 881
- **Redbacks Basketball Club** – contact Michael on 0414 242 246 or email michael@completetanksandpumps.com.au
- **Para Hills Bowling Club Inc.** – contact Brian on 0401 689 128 or brian.gale@bigpond.com.au
- **Parafield Gardens Soccer & Sports Club** – contact Anne on 0408 121 630 or email steve46@bigpond.net.au
- **Salisbury Amateur Athletics Club** - contact Adrian on 0408 857 698 or pounse@internode.on.net



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Government of South Australia
Department of Education and Children's Services



BRAHMA LODGE INDOOR SPORTS

NEW SEASON STARTING NOW

Bar under Centre Management

Cricket Netball Soccer
6 PACKS ARE BACK!!

Why not have your BIRTHDAY PARTY at Brahma Lodge?

\$50 per hour per court (max 15 kids)
\$80 per hour for 2 courts

COMING SOON

Ladies' Daytime Netball

Junior Indoor Cricket & Soccer –
Fridays from 5:00pm,
starting May 6th – \$6 per player

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Reliving Centenary Celebrations

On December 28 this year South Australia will celebrate its 175 year anniversary and the Salisbury and District Historical Society gives us an insight into how locals marked milestones a little earlier in the state's history.

Celebrating SA's centenary in 1936 gave the then 1,000 residents of the rural town of Salisbury the chance to let off some steam and dispel the gloom of the great economic depression. Enthusiasm for the celebration was slow to rouse but by midyear it had gathered momentum.

The events were held in early October. On Friday 9 October the school children, led by their drum and fife band, marched from the local institute to Recreation Park where they enjoyed a sports carnival. Each child was issued with a medal by the government to commemorate the centenary.

On the Friday night a grand ball was held in the institute. Saturday 10 October was planned as a money raising event, the proceeds of which would be spent on beautifying the town.

As part of the celebration 250 trees were planted along Cokers Road (Park Terrace) from Main North Road to Wiltshire Street. Rev. R.J. Coles, Rector of St



Two of the entrants in a local procession to celebrate SA's centenary in 1936.

Johns, also planted six Jacarandas in Mary Street.

On the Saturday morning a procession of bands and decorated vehicles assembled at 10.30am in front of the institute and proceeded along the town's main roads to Recreation Park.

A lunch for select elderly citizens and a grand

carnival followed. To help raise funds a 'Queen Competition' was held. Jennifer Adams, 'Queen of Children', June Whittlesea, 'Queen of Industry', and Pat Whitford, 'Queen of Sport', vied for penny votes.

Pat Whitford raised the most money and was crowned at a concert in the institute on the Saturday night.

From all the celebrations over one hundred pounds was raised, which would have been a considerable total for that time. In spending the money the residents maintained a level of pragmatism appropriate for the economic constraints of the time:

new toilets, complete with septic tank and electric light, were installed at the back of the institute building.

The Salisbury and District Historical Society Inc, together with the Salisbury Library Service, will celebrate SA's 175 years during May with a series of events and a display in the John Harvey Gallery. The events coincide with the Society's 30th birthday.

Book Review by Michelle Glasson, Salisbury Library Service

Fallen by Lauren Kate

It's widely accepted that you should never judge a book by its cover. However, from time to time a book with a gorgeous cover lives up to its expectations.

After spotting *Fallen* by Lauren Kate my visionary sensors spiked and I couldn't resist picking it up. Lauren Kate writes in language that is easy to understand while painting a very vivid picture for the reader.

Fallen is a fantasy love story aimed at an audience of young adults. Following the Twilight phenomenon, I was searching for a story that was different but that would captivate me in the same way. *Fallen* suited perfectly.

I was thrilled to find that instead of vampires and werewolves this novel is about something different: "Some angels are destined to fall" is

how the first line reads on the back cover. From that one sentence I was intrigued.

As the book begins the reader is introduced to the main character, a 17-year-old girl named Lucinda, or Luce as she prefers to be called. Her story takes place at Sword & Cross, a reform school for teenagers who suffer a range of issues, most psychological, with many also having a criminal record. While this is not a typical setting for a love story, being a dark and mysterious gothic romance, it proves to be perfect.

Luce faces challenges most teenagers encounter: making new friends, falling in love and finding out where they fit in the world. The only difference is that the reality of Luce's world is far more magical and supernatural than the one in which most of us live.

In true love story style there is a triangle. Cam is portrayed as Mr Popular and is constantly

seeking Luce's attention while Daniel manages to instantly captivate her. There is something beautifully mysterious about him. Luce has countless moments of déjà vu when she is around Daniel and for a long time cannot pinpoint why or where her feelings are coming from.

Fallen is an addictive story that explores a forbidden love. It challenged me to consider my beliefs on life after death, the possibility of reincarnation and what it means to have a soul mate. *Fallen* suggests a lovely and at the same time scary notion, that perhaps true love never dies.

Copies of Lauren Kate's *Fallen* are available from the City of Salisbury's libraries.





Social Scene

Community Events in Salisbury

- 1 Tour down under** - Thousands of spectators, including cycling enthusiasts from interstate and children on school holidays, cheered the peloton on its way when this year's Santos Tour Down Under started at Mawson Lakes on January 18.
- 2 Australia Day picnic** - More than 3,000 people celebrated Australia Day at a picnic organised by the Rotary Club of Salisbury at Carisbrooke Reserve. More than 1,700 breakfasts were served and \$1,000 was raised for the Queensland flood appeal.
- 3 Day One Celebration at Lake Windemere** - Families enter the gym for the first day of school and the first assembly at Lake Windemere CPC-7 School, Uraidla Avenue, Salisbury North. The school is the amalgamation of Salisbury North West School and Direk Primary. Photo: Thomas Harvey, Senior Leader, Lake Windemere



What's on in Salisbury

autumn 2011

march

21

Harmony Day

Various events in Salisbury.
www.salisbury.sa.gov.au



25

'Play Me, I'm Yours' Street Piano Project
Len Beadell Library, 55 John St, Salisbury 4-5pm
Performances, food & activities



april

1-10

Youth Week

Various events in Salisbury.
www.salisbury.sa.gov.au



St Jays
Recreation Centre
7pm - 10pm
\$5 entry
LOCK IN EVENT

15

Blue Light Disco

St Jays Recreation Centre
7pm - 10pm

16

MLC Tennis Hot Shots

Wimbledon Championships for kids aged 6-12
at Salisbury Recreation Precinct.



16

School Holiday Program

16 April - 1 May.
Activities and events for kids
aged 2-18. www.salisbury.sa.gov.au



may

1

Tennis Anywhere Anytime

2pm-5pm. Come and try day
for kids aged 3-13
at Salisbury
Recreation
Precinct.



1-8

May Mawson Week

Annual celebrations
of the life of Sir
Douglas Mawson and
the opening of The
Mawson Centre.



6

Burton Disco

Burton Community Centre
6.30pm - 9pm
Call 8280 8843

For ages
6-12 years
Burton Community
Centre
6.30pm - 9pm

9-15

National Volunteer Week

A week of events and activities in Salisbury



9-15

Neighbourhood House Week

A week of events and activities in Salisbury

27

Blue Light Disco

St Jays Recreation Centre
7pm - 10pm

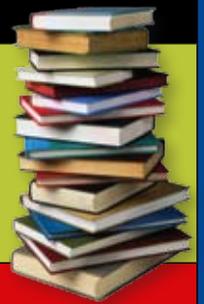
St Jays
Recreation Centre
7pm - 10pm
\$5 entry
LOCK IN EVENT

may

23-29

Library and Information Week

Various events in Salisbury.
www.salisburylibrary.sa.gov.au



27

Reconciliation Week starts

27 May - 3 June
Various events in Salisbury.



june

3

Burton Disco

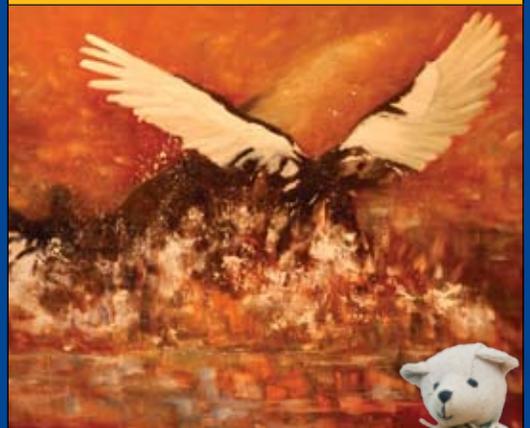
Burton Community Centre
6.30pm - 9pm
Call 8280 8843

For ages
6-12 years
Burton Community
Centre
6.30pm - 9pm

8-30

Watershed Artprize

www.salisbury.sa.gov.au



11-13

Salisbury Craft & Hobby Fair

Gardens Recreation Centre.
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**OPEN
EVENING**
Thursday
24th March
5pm - 7pm

- Meet the staff
- Student-guided tours
- Tour our new Centre For Innovation and Learning
- Interactive classroom displays across all curriculum areas
- Old scholars welcome