



Salisbury *Aware*

Edition #35 • WINTER 2011



Breathing new life

Salisbury's town centre is about to get better and you're invited to help shape this city's future. What's YOUR vision for the new Salisbury Town Centre?

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Dr. Elaine Rodgers • Dr. Hung

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Breathing New Life Salisbury's town centre is about to get better and you're invited to help shape this city's future.



Unearthing Old History In our last edition an old photograph took Ken Saint by surprise as he recognised his 11-year-old self. He contacted us to share a slice of local history.



Lots to look forward to 91 Year old Ha Nguyen reflects on her earlier life in Vietnam and the Salisbury social events she now loves.



Bridging the Gap The future of our unemployed is looking brighter. Educational courses now run from our community centres are putting their goals within reach.



From the editor



This issue of Salisbury Aware is all about new beginnings, change and the future. Arguably the most anticipated change facing Salisbury residents today is the renewal of the town centre, which is our feature story on page six.

The exciting part for Salisbury locals is the level of involvement they are invited to have in this historic development. In June, an event to seek your views on the development was held in John Street, and more are planned. Be sure not miss these chances to shape your future, and help build the infrastructure you think this city really needs.

The future of our senior drivers is also taking new shape. Take Max Crispin, for example. He's taken the courageous step of recognising it's time to hang up his car keys, not an easy one when you've been self-reliant your whole adult life. Surprisingly for Max, he discovered that his independence remains intact because of the other options that exist in our area. Free workshops are being held for older drivers and their families - see page five for details.

Another alternative to driving is the City's Green Trails Network, which is steadily linking all corners of Salisbury together. These tracks for cyclists and walkers are taking the heat off our busy roads.

I had the pleasure of speaking to Ha Nguyen, a 91 year old Vietnamese woman with lots to look forward to now that a community support program connects her with other Vietnamese-speaking seniors (see page 12). In Ha's words "I just love to talk to anybody", so this opportunity to socialise beyond the walls of her home is one for which she is extremely grateful and gives hope to any other cultural groups in the area that might want to form a similar group.

Finally, I would like to welcome the City of Salisbury's new Chief Executive Officer, John Harry. Even though he's new to the role, John's been living and breathing Salisbury for nine years, working for the Council. On page 14 there's an inside view to the man who is looking forward to building on the great work of former CEO, Stephen Hains.

Credits

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Photos for Sale

If you or someone you know had their photo published in this edition of Salisbury Aware, you can purchase the featured photograph for a small cost. Professional photographs are available for purchase through the Council Office at 12 James Street, Salisbury. Simply fill out an order form at the reception desk and make your payment with a customer service representative. Your order will be delivered to you within 14 working days.

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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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Experience Japan at Matsuri on Mobara 2011

Allow yourself to be transported to a quaint corner of Japan in October when the Matsuri on Mobara festival brings to life the gardens at Mobara Park, Mawson Lakes.

Now in its fourth year, this unique community festival has doubled in size since its inception in 2008, now seeing over 2,000 patrons take part in all things Japanese.

The festival is full of vibrant Japanese-themed activities and displays and is geared at providing local residents with a better understanding of Japanese culture.

Festival goers can interact with our Japanese community, experience authentic cuisine, observe martial arts demonstrations and view exhibits of calligraphy, origami and traditional kimono dress.

There will also be a stage program of performances featuring traditional music and dance.

This celebration of Salisbury's relationship with its Sister City, Mobara in Japan, marks the anniversary of Mobara Park's opening in October 2004.

The park is a beautiful centrepiece for Mawson Lakes, featuring a traditional Japanese garden, sculptures and plants.

Matsuri on Mobara will take place on Sunday 23 October with festivities and plenty of activities for the whole family from 11am.



For more information on the festival or if you would like to hold a stall at the event, please visit www.salisbury.sa.gov.au or contact Steve Davidson on 8406 8469 or sdavidson@salisbury.sa.gov.au.



Please note:

The incorrect date for the Matsuri on Mobara Festival was published in the City of Salisbury's annual events calendar. The correct date for the Festival is Sunday 23 October, 2011. The City of Salisbury apologises for any inconvenience caused.



New funding thrusts Salisbury's Green Trails into the future

An injection of new funding has propelled the City of Salisbury's Green Trails development ahead of schedule by around two and a half years.

The funding from Planning SA is a huge boost for the network of shared trails which will eventually connect all corners of the city with 90km of walkways. The project involves linking, widening and sealing trails while rejuvenating native vegetation along the way.

The trails will take the pressure off Salisbury's roads by providing commuting alternatives and encourage healthy lifestyles through greater recreational space.

The project has been designed to connect the trails with neighbourhoods and transit hot spots so that they are highly accessible for Salisbury residents.

The trails are also convenient and fast. A cycle trip from Mawson Lakes to Salisbury via the Little Para River can now be achieved in around 20 minutes, which is on par with the time it would take to drive.

At the end of the project, which is now expected to be 2030, residents all across Salisbury will be in close proximity to the trails. Further stages include:

- an extension to the current Dry Creek trail joining Walkley Heights, Tea Tree Gully and Port Adelaide Enfield through Pooraka, Mawson Lakes to Swan Alley Wetlands

- sealing of the linear trail running east from Salisbury along the Para River to Tea Tree Gully and Playford Council areas
- a western trail that follows the Little Para Overflow through Little Paralowie West to Burton, connecting back to Edinburgh Parks, linking with the railway corridor and Elizabeth City Centre
- a GPS smart phone app which will be created to help people explore the mangroves at St Kilda.

To complement the trails, signage and lighting will help people find their way and highlight just how accessible the city is becoming through the network.

Moving right along free workshops to keep our older drivers safe

The number of older drivers on our roads is increasing. While age and experience go hand-in-hand, there comes a point when older drivers need to regularly assess their driving fitness, for both their own safety and the safety of others.

For some this may mean limiting the extent of their driving, considering other travel options or possibly giving up their drivers licence altogether.

Max Crispin, 82, a member of the *Jack Young Centre* recently took the brave step of handing in his licence.

"I had a blackout while I was driving so I went to see my doctor and he advised me to get off the road. I didn't take his advice and kept driving. I then had another blackout while driving. This is when I realised that I needed to get off the road," Max says.

It was really hard for Max to hand his licence in as he was concerned that he would lose his independence.

"If I had known about all the options available such as *Home Assist* to help people in the community with going shopping it wouldn't have been so hard. I catch public transport now and it is really good," he says.

Free workshops beginning in August will provide information to help people drive well for longer and explore options for when driving becomes unsafe. They will be run by City of Salisbury's *Positive Ageing Service* together with the *Salisbury Community Road Safety Group*, using materials prepared by the *Department for Transport, Energy and Infrastructure*.

The workshops will focus on the issues that older drivers face, look at ways to manage them and encourage discussion about maintaining driving fitness. Jim Binder, Program Development Coordinator said the workshops are not restricted to seniors.

"We encourage not only older drivers but family members to attend as well," he said.

For more information or to register for the *Moving Right Along* workshops contact Jim Binder at the *Jack Young Centre* on 8258 7286.

Workshop dates:

Aug 16th, Aug 23rd, Aug 30th
and Sept 6th

Time: 2.15pm - 3.45pm

Place: Jack Young Centre (1 Orange Ave Salisbury)

Bookings are essential as places are limited

Further workshops are planned for
October. For more details, call
8258 7286.

Important Information for Salisbury Dog Owners

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Please be aware that it is an offence not to register your dog and fines apply. New dog registrations must still be made in person to allow us to view any certificates or concession cards.

Max Crispin thinks Salisbury's public transport is great.

SALISBURY TOWN CENTRE RENEWAL

BREATHING NEW LIFE

THE CITY OF SALISBURY IS EMBARKING ON AN EXCITING PROJECT TO RENEW THE SALISBURY TOWN CENTRE. NOW AND INTO THE FUTURE.

According to Salisbury's Mayor, Gillian Aldridge this is the most significant community engagement exercise that the City of Salisbury has ever undertaken.

"I'm hoping that residents and local business people participate and enjoy the process, and together we will produce a fantastic outcome," she said. For Gillian, the project is all about ensuring the ongoing economic vitality of the town centre and providing residents with contemporary lifestyle and leisure options. "In partnership with the community and key stakeholders, we want to create a plan for an exciting, vibrant centre where people live, work, shop and visit," she said.

One of the drivers of the renewal is the State Government's 30-Year Plan for Greater Adelaide, released last year. It identifies Salisbury as a TOD (transit oriented development), an area that combines housing, jobs, shopping, services and transport in one compact location.

Gillian believes this presents an exciting opportunity, one that Council aims to capitalise on. "TOD's are places where people have access to jobs and services close to home, and can use public transport to take them to the places they want to go. With more people living in the area comes more activity and vibrancy. This is consistent with our vision for the future of Salisbury's Town Centre" she said.

Equally important in Council's view is creating a place that reflects the community's values and aspirations.

Accordingly, the project includes a number of opportunities for community members and property owners to get involved and have their say.

"Council is committed to ensuring the plan for the Town Centre reflects what our community needs, so we have designed the development process to capture community input at each phase," Gillian said.

One of the first opportunities for input was a *Street Talk* event held on June 2nd outside the Len Beadell Library in John Street. Staff hosted a stall where residents, visitors and business operators came along to discuss what's working or not working now and their vision for the future. People were asked to imagine the centre in the year 2040 and answer questions such as: How would the centre look different from today? Who is living, working and using the Centre? What are they saying about their experiences?

Project leader and Salisbury's Manager of Urban Development Harry Pitrans was on hand to hear what people had to say. "It was great to hear residents' opinions first hand," said Harry. "While there were a range of views expressed, there were also some obvious themes that came through during the day around the retail mix, public safety and urban design."

Mick Lennon, President of the Salisbury RSL was enthusiastic about the *Street Talk* event and the opportunity to share his view. "I'm very culturally-minded. I'd like to get off the train at the interchange and see all varieties of businesses, in every sense of the word," he said. "We need to attract outsiders and make them feel welcome," he said. He also commented that it was great to see Council providing the opportunity for Salisbury's residents to contribute to the planning for the renewal of the Town Centre.

Input from the *Street Talk* event and a subsequent community workshop is being combined with feedback from a questionnaire, which was distributed to residents and businesses in the renewal area and made available online during May and June.

Also being fed into the next phase of the process are the results of several key investigations into traffic modelling, carparking, the property market, land use planning and shopper behaviour.

"It's an extremely complex and challenging task to bring all the different elements together that determine how a place evolves," said Harry. "There are so many aspects of what gives a place its character and what makes urban renewal successful."

Salisbury has looked to a number of successful interstate and overseas renewal projects for inspiration and recently sponsored the *National Mainstreet Conference* to gain additional expertise and insight by using the Salisbury Town Centre as the master class topic. "We're leaving no stone unturned to ensure we gain every advantage and apply best practice principles to our processes and our designs," said Harry.

Following on from the first phase which is about identifying opportunities, Council will be developing design options. Again, the community will have opportunities to get involved.

During September residents and stakeholders will be invited to participate in a design workshop. Using the knowledge gained through the earlier consultation and investigations, staff and community members will have the opportunity to work together on designs for the centre.

Staff will take the designs and work up a series of options which will be presented back to the community for feedback, most likely in December.

A preferred option will be selected from this process which will be put on display and open for final comment in February next year.



Story by Jane Miller



For more information about the Salisbury Town Centre Renewal project visit www.salisbury.sa.gov.au.

To provide feedback on the project you can:

- join the discussion on Salisbury's Facebook page www.facebook.com/cityofsalisbury
- comment via twitter on Salisbury's page at twitter.com/cityofsalisbury
- email us at city@salisbury.sa.gov.au

John Harry CEO of City of Salisbury, *Mick Lennan* President of the Salisbury RSL, *Chris McDonald* of Salisbury Town Centre Traders Association, *Gillian Aldridge* Mayor of Salisbury and *Alan Burns* of RAAF are all excited about getting the community involved in the Salisbury Town Centre Renewal Project.



IMAGINE IT'S THE YEAR 2040 - WHAT IS YOUR VISION FOR THE SALISBURY TOWN CENTRE?





Living Well in the Living City

Colleen Whelan is one of hundreds of locals set to benefit from a new healthy lifestyles program being run by the City of Salisbury, thanks to funding from the Australian Government.

At 80 years young, Salisbury resident Colleen is already involved in *Seniors' Wellbeing* (SWELL), a chair-based exercise program run weekly at the Jack Young Centre that helps seniors build strength and flexibility.

Colleen said that classes like SWELL have an incredible impact on the everyday lives of seniors "It's wonderful, it's what we all need. It saves us from falling over. Most of us can't walk well - I need two knee replacements myself," she said.

SWELL is just one of a huge range of community-based physical activity and healthy eating programs that will be on offer to help as part of the *Healthy Communities Initiative*.

The initiative is part of the *National Partnership Agreement on Preventative Health* which aims to reduce the prevalence of obesity and related illnesses by engaging adults in community-based physical activity and healthy eating programs.

The program particularly targets people who are not in the paid workforce, including older adults, people with a disability, the unemployed and people from cultures who would not usually participate in traditional health programs.

Research shows that these groups are at a higher risk of developing a range of chronic diseases associated with being overweight or obese.

Salisbury's Mayor, Gillian Aldridge accepted the funding and said that the money will be used to help local people improve the quality of their lives and live longer. "It's a lot of money and we will do a lot of good with it for our community," she said.

According to Pam Pindrall, Salisbury's Manager for Healthy Ageing and Access, the funding will be used to build on a range of programs already being run by Council.

"We offer a number of healthy lifestyle programs for over 50's, based out of the Jack Young Centre and the other community centres around Salisbury.

And we will be partnering with organisations like COTA, The Diabetes Association and The Heart Foundation to deliver even more."

One of the many programs that will be on offer is called *Wisemoves*. It's a ten-week program for women including topics on personal motivation, healthy eating, exercise that works for you, dealing with stress, self-esteem and healthy ageing.

Cheap Easy Eats is a five-week hands-on program about cooking healthy, nutritional meals on a budget. Information sessions are followed by cooking lessons.

According to Pam the programs will be free or at low cost. "Part of our aim is to remove the barriers that people have to activity and healthy eating, and cost can often be a factor, so we will be providing as many low cost and free opportunities as we can."

Council will be promoting the various opportunities to be involved through the local Messenger and on its website.

Information will also be available at local libraries, community centres and, of course, recreation centres.



Go to www.salisbury.sa.gov.au or call 8406 8222 to find out more.

Historic image unearths Salisbury's past

When Ken Saint saw a familiar face in a 75 year-old photograph in the last edition of *Salisbury Aware*, he had to get in touch and reflect on a great life spent in Salisbury.

It's not very often that you find someone that has lived on the same street for almost their whole life. Salisbury resident Ken Saint has called Salisbury his home for more than 80 years and has lived on the same street the whole time.

"Salisbury is very different to the Salisbury I knew growing up. It was pretty much a country town back then with no other suburbs around until Para Hills was developed 50 years ago. I remember driving from the city in darkness until we got to our place," Ken says.

Born in 1925, Ken moved to Salisbury at the age of three into a property on Fendon Road which his parents turned into a farm.

Ken attended Salisbury Primary School and then went on to Urrbrae Agricultural College for two years before spending half of his working life on his parents' farm.

In 1958 his parents subdivided the land they lived on and he and his wife, Aileen, now live on some of the original land that his parents owned.

Ken contacted *Salisbury Aware* recently when a photo was published on page 29 of the last edition, called 'Reliving Centenary Celebrations'. The photo (below) was of two of the entrants in local processions to celebrate SA's centenary in 1936. One of these boys was Ken.



Ken Saint (left) as an 11 year old boy in 1936

"I had a copy of this photo years ago but hadn't seen it in such a long time. I got a shock when I was reading *Salisbury Aware* and saw myself as an 11 year old boy in the photo. I had to call the editor and tell him that it was me," he said.

When this photo was taken there were just 1,000 residents in the rural town of Salisbury. Now Salisbury is home to more than 118,000 and despite considerable change Ken still loves the area.

Ken has particularly fond memories of the war years and the dances that were held in both the Church of England Hall and the Institute Hall. "It was at one of the dances at the Institute Hall where I met my wife. I met her in 1946 and we got married in 1952. I remember the day I met Aileen very clearly," he said.

The couple had two daughters, one in 1954 and another in 1957, both of whom still live nearby. Interestingly, Ken's link to the Council doesn't stop at the publication of the photo in *Salisbury Aware* - in 1958 Ken started a temporary job at City of Salisbury. Ken's 'short-term' job lasted for 32 years until he retired from his role as Depot Manager in 1990.

In his retirement Ken spends much of his time with his grandson and granddaughter. "Spending time with family is important to me but I also enjoy spending time in my garden with my veggie patch. It's not a big veggie patch but it is enough to keep me occupied," Ken says. Ken is also involved in Probus which is an association of active retirees.

"Salisbury has been a great place for me and I have no reason to move."

"I don't think there would be many other residents that could say they have lived on the same street for almost their whole life," Ken says.

Ken Saint with his wife Aileen in 2011



Next generation of basketball coaches to emerge from Salisbury



In a first for the State, a new basketball coaching academy designed for junior coaches is now operating through Salisbury's recreation centres.

The academy, which began in May, will develop the next generation of basketball coaches and help meet a growing demand for team trainers in the northern suburbs.

A group of 14 young people aged 12 to 18 are involved in the two-term program and will receive training from Basketball SA approved facilitators.

Supported by the Office for Recreation and Sport, City of Salisbury, Basketball SA, Sportspower Parabanks and Spalding, the program will include on and off court activities, excursions to games and will conclude with an assessment of participants as they coach a mini-basketball tournament. Students will learn valuable lessons in sport science, game analysis, leadership, planning, general principles of coaching and nutrition.

Successful graduates will receive Level 0 and Level 1 basketball coaching accreditation and a Level 0 refereeing accreditation. After graduation the junior coaches will be matched with senior mentors to continue developing their skills.

Cyber-bullying victims keep quiet

A recent survey by the Salisbury Youth Council has found that low numbers of young people are telling their parents when they're being cyber bullied.

The study of 197 young people in the Salisbury area found that only 35% of those who had experienced cyber bullying told their parents about it, just 13% had talked to police and 34% had told no one.

Of all respondents, around 36% said they had experienced some kind of cyber bullying on the internet and 26% had been bullied over the phone. The main types of bullying experienced were prank calls, verbal abuse and threats.

Because cyber bullying is harmful to mental health and in the worst cases can involve self-harm and suicide, it is important that young people experiencing it talk to a responsible adult, according to Mick Schooley, Crime Prevention Sergeant for SA Police in the Elizabeth local service area. "It could be a parent, school teacher, the police or someone else they trust," he said.

Cyber bullying is still a relatively new issue, meaning many parents may not know what to do when their child says it's happening to them. Sergeant Schooley says there are now plenty of resources to help parents work out how to handle the situation.

Where to find help: These websites contain trustworthy information to help tackle cyber bullying: www.cybersmart.gov.au www.bullyingnoway.com.au www.acma.gov.au

Scholarship program benefits future engineers & Salisbury industry

A scholarship program for students that provides financial assistance, mentoring support, paid work placement and career opportunities benefits both emerging engineers and the program's organisers.

The 2011 BAE Systems/Concept 2 Creation (C2C) scholarship is accessible for students who have completed C2C projects at high school and are going on to enrol in full-time tertiary engineering courses. This year's scholarship recipients were Stephen Harris, Louise Thomas and Denni Mackrill.

"The scholarship program helps students develop leadership, critical thinking and employability skills," said Bernie Fitzsimons, General Manager of NAMIG, the organisation that manages C2C.

BAE Systems had employed one scholarship recipient almost full-time during the university holidays, which proves businesses have as much to benefit from scholarship programs like this as the students.

"It's an opportunity to not only more fully develop these recruits but also existing employees who can provide leadership and mentorship," Mr Fitzsimons said.

The recipients said they were grateful for the scholarship and had enjoyed the practical application of the prerequisite high school C2C projects they participated in. "It's good making something that is really your own and seeing that it actually works," said Stephen Harris from Salisbury Heights, who explored the use of sensors to detect movement in his high school project. Stephen is now studying a double degree in Mechatronic Engineering and Mathematical and Computer Science.

"It was great having something that was kind of difficult and solving it," said Louise Thomas from Minoora, who is now studying Mechanical and Sports Engineering at University of Adelaide.

The BAE Systems scholarship program is in its third year and has awarded nine students during that time.

Louise Thomas (left) Denni Mackrill (centre) and Stephen Harris (right) accept their awards



Lots to look forward to for our culturally-diverse seniors

Being 91, alone and without English language skills sounds incredibly difficult, but Salisbury's Ha Nguyen insists she's not in a position to complain, thanks to the services that exist for culturally diverse seniors.

Born in Vietnam, Ha spent most of her life in the northern province of Thai Binh, where her husband served in the Vietnam Army for 27 years.

Life under a communist government during the war was incredibly hard for Ha and she longed for an easier life. She would often hide money on her body to keep it safe from officials who were known for confiscating assets from civilians.

When two of Ha's sons migrated to Australia, Ha and her husband attempted to join them through a sponsorship application. Months passed without any response and they became desperate, eventually deciding to escape illegally, knowing they faced death if caught.

In a surprising stroke of luck, just before their escape Ha and her husband received the sponsorship they'd been waiting for, meaning they were free to leave.

They found life was good in Australia. "The Australian Government is good to seniors," says Ha.

"In Vietnam it is a lot harder. Old people have to work. There are no medical or social support services and the elderly rely heavily on children but in Australia all the different services help the elderly to live independently."

Ha and her husband made friends in Salisbury, attended church regularly and enjoyed their new lives. Then, 13 years ago, Ha's husband passed away. Although her sons were close by, they had their own families to look after, and Ha began to feel very alone. Desperate to get out of the house, Ha said she would often look out her window and cry.

Ha's life took a social turn a last year when the Council, consulted with the Vietnamese community and developed a social support group for elderly Vietnamese-speaking people. The group meets twice a month for three hours and has grown to 40 members. They have lunch together, learn about health and wellbeing and participate in gentle exercise.

Most of all they get the opportunity to interact and speak Vietnamese. "Really I'm there to have a conversation with anybody," Ha smiles.

Volunteers drive Ha to and from the support group which is something she is extremely grateful for, because it means she can get out of the house.

"I am very happy to get out to anywhere. I wait for the days when volunteers take me out of the house... I wait for the car to pull up in the driveway," she says.

Ha receives other support from a range of aged care service providers to help her with showering and shopping. Recently, when Ha could no longer stay in her rented house, the Council helped her find new accommodation.


"I'm so happy that the Council has bilingual employees," she says.

For health reasons, Ha doesn't think she will ever return to Vietnam to visit her 32 grandchildren and 36 great grandchildren.

"Being 91, it's just too hard to travel, I'd have to go to church on a motorbike in Vietnam and that scares me," she says.

Instead, Ha hopes that an application to bring her daughter to Australia to provide her with 24 hour care will soon be successful.

There are a variety of social support groups run by the City of Salisbury for senior residents from diverse cultural and linguistic backgrounds including Arabic speaking, Bhutanese, Bosnian, Italian, Spanish, Polish and Filipino groups.

 If you're interested in joining an existing social support group or forming a new one please contact Vesna Haracic, Housing & Cultural Programs Team Leader, on 8406 8227.

Ha Nguyen never misses the chance to mingle at the Vietnamese Social Support Group



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Vikki Wakefield's book 'All I Ever Wanted' has strong links to Salisbury.

Young author's novel inspired by northern suburbs

Vikki Wakefield was experimenting with writing when she came across a brochure for the 2009 Salisbury Writers' Festival. The brochure encouraged emerging writers to have a go at penning the first page of a novel, with the aim of receiving feedback anonymously in a workshop at the festival.

There was immediate appeal for Vikki - she was already enrolled in a writing course at TAFE so receiving expert advice on her work without having to be identified sounded too good to be true.

Vikki got busy writing, entered her draft to the festival's organisers and turned up to the workshop, not knowing what to expect. Looking through the workshop's outline, Vikki's written piece didn't appear to have been chosen for critiquing. Slightly disappointed, Vikki settled in to learn what she could from the analysis of other young authors' work.

She must have misread the workshop agenda because moments later she heard familiar words being spoken from the front of the room. "Suddenly there was someone up on stage reading my work. I was terrified," she says.

To her surprise, Vikki's piece was extremely well-received. Words such as 'distinctive written voice' and 'original' were being used to describe her work.

As if that wasn't enough to instil confidence into this aspiring author, Dyan Blacklock from Omnibus Books stood up and asked for the writer of the piece to identify themselves by standing up in front of everyone.

Despite being a self-confessed introvert Vikki identified herself and was given a business card and told to contact Omnibus Books when she had completed her book.

"It was public and embarrassing but it was the kick in the pants I needed to give myself permission to write," she says. So Vikki set about finishing a book she had never actually planned to write. "I stopped being a student and started being a writer. I wasn't just turning in assignments anymore. It was a turning point for me," she says.

Two years later Vikki's writing career is going from strength to strength. Her first book *All I Ever Wanted* launched in June, she is in the middle of writing a second book and two short film scripts she wrote will be produced later this year.

All I Ever Wanted is the story of 16-year-old girl growing up in a family of criminals, who finds hope in unexpected places.

Vikki says there are strong parallels between her own life experiences growing up in the northern suburbs and those in the book. She purposely didn't name Adelaide areas in the book but she thinks people from the northern suburbs will recognise characters and settings.

"If I could have dedicated it to teenagers in the northern suburbs I would, but that's too broad," she laughs.

Vikki urges young writers not to be afraid to share their work. "If you let your stuff get out there and see how it affects people it becomes a self-fulfilling prophecy," she says.

"I think what holds a lot of writers back is that it could be all for nothing. But if you push on you actually find you fall in love with the process."

"When I'd written the book it didn't matter to me whether it sold or not. I couldn't stop - it's like being infected with a virus," she says.

The *Salisbury Writers' Festival* is held annually as a joint project between the City of Salisbury and SA Writers' Centre involving presentations and workshops across a variety of genres. This year's festival opens on Friday 19 August, 2011.



For more information visit www.salisbury.sa.gov.au.





Who wants to play outside?

City of Salisbury wants its residents to enjoy the wide variety of parks, reserves and open spaces available, so every two years the Council offers the opportunity to provide feedback on our spaces and facilities.

The *Open Space User Survey* collects information on things like maintenance, safety and quality of facilities to help identify where work is most needed. While this year's survey closed only a short while ago, we thought we'd share with you some of the earliest findings.

This year over 350 people including children aged 5-9 through to adults over 75 completed the survey, with responses coming in from across the City.

So far, people have been largely satisfied with the presentation of Salisbury's parks and reserves and we have received some very useful feedback on where and how improvements can be made.

People have consistently commented that they do not know about some of the great outdoor opportunities such as the extensive trails and regional parks in Salisbury.

In response to this, Council is already planning on producing brochures to help make residents more aware of what parks, reserves and facilities are near to them.

Similarly, residents have reported a strong desire for fitness equipment in reserves, and Council will be opening an outdoor fitness loop later in the year.

As soon as the survey results have been finalised, Council looks forward to properly identifying focus areas from the research to entice more people outside to spend time in our parks and open spaces.

More opportunities to share your view

We love to hear what you think. A couple of upcoming projects that we encourage your input on are:

- A redevelopment proposal for the reserve and pedestrian link from Kathleen Court to London Drive, Salisbury East. The aim of this proposal is to improve the general security of both public and private property and increase public safety. To respond to the proposed concept plan and public artwork proposal, please contact Council in writing prior to Friday 29th July 2011. For more information, please go to www.salisbury.sa.gov.au
- The play equipment at Harry Bowey Reserve – more information on this will be made available soon.

City's new leader is ready to listen

John Harry, City of Salisbury's new Chief Executive Officer is no stranger to the workings of Salisbury. John's spent the last nine years living and breathing Salisbury life as *Director of Strategic Planning* and is extremely passionate about this city's future.

"I've had the opportunity to be involved in setting the current foundation, and now I'm focused on delivering the planned outcomes to ensure a strong future for our community," he said.

It's the community aspect of working in Salisbury that has been the real highlight for John so far. "I see effective partnerships between the community, government and the private sector as one of the keys to the continued growth and development of Salisbury."

John has witnessed many examples of business and community engaging together to create great outcomes, in particular commenting on how community and business involvement in the *Salisbury North Regeneration Project* has been invaluable.

"I'm very proud of what we have been able to achieve in Salisbury North and numerous other examples and I believe that by applying the same set of principles around building relationships and involving a wide range of people we can get great outcomes for projects like the Town Centre Renewal."

Outside of his role at Salisbury, John has many interests but those involving family are the top of the list. "Achieving balance is very important," he said.

"There are many aspects to a person's life and you need to put effort into them all in order to achieve your own needs and more importantly the needs of others," he said.

When he's not working for the people of Salisbury or with his family, you'll find John feeding his passion for the outdoors through activities like bushwalking, boating, fishing and four-wheel-driving. He's looking forward to the completion of the walking trails network around Salisbury so as he can explore even more of our City's natural assets.

John's style is open and personable and he wants the Salisbury community to know that Council is focused on building opportunities for them. Council is prepared to listen to the community's views and suggestions and work with local people to build the future for Salisbury," he said.



Investing in the Future

Salisbury's residents will continue to enjoy one of the lowest rating levels in the State this year, with an average rate increase of 5.5% - lower than most other metropolitan council regions.

Each year Council faces the challenge of delivering a budget that balances the need for investment in community infrastructure and providing high quality services to residents, with the need to ensure its financial sustainability and keep rates low.

While keeping rates affordable is the top priority, Council is also keeping an eye to the future by investing in roads, footpaths, buildings, lighting, parks and playgrounds.

Much of the City's \$1.4 billion worth of infrastructure was built in the 60's and 70's and now requires significant maintenance or replacement. In 2011/12 Council will spend \$11.6 million on existing assets including road resealing and reconstruction, upgrades to sport and recreation facilities and maintenance work on its 220 community buildings.

Council will also undertake new work to enhance infrastructure, providing an additional \$15.3 million for expansion of its world-renowned storm water harvesting system, development of a

city-wide walking and cycling trails network, and a creation of a significant number of new footpaths to provide residents with safe and healthy options to get outdoors and experience our city. Some of the other major initiatives included in the 2011/12 budget are:

- restoration of the iconic St Kilda Boardwalk, an important tourist attraction and a unique environmental education experience
- upgrades to Hookina Road which will rectify drainage and surface issues and complement the upgrades to Helps and Hawker Roads
- upgrades to playgrounds at Creaser Park, Harry Bowey Reserve and Brahma Lodge Oval
- bushfire prevention works.

The plan also provides for the appointment of a Community Engagement Officer to assist Council in gaining greater community input in its many projects and programs, including the Salisbury Town Centre Renewal.

To find out more about how Council is investing your rates and the role it plays in every day community life, please see the Rates Brochure enclosed with your next rates notice.

2011 Community Information Directory



The 2011 free Community Information Directory is out now, packed with useful information on clubs, groups, schools, support services, recreation and programs that are operating within Salisbury.

The directory is published by the City of Salisbury's *Community Information Service*. This free service operates from the Len Beadell Library for residents and visitors.

To get your hands on a copy of this year's directory, head into a local Salisbury library branch or community centre. Alternatively, call 8406 8533 to request a copy.

Help keep our playgrounds & public spaces safe

The City of Salisbury aims to provide safe places for the community and removing dangerous objects is a priority.

Council inspects playgrounds and reserves regularly, however with so many parks and public spaces to care for; your assistance is important and valued.

If you see any dangerous objects such as broken glass or syringes, please do not try to remove them yourself. Instead, please contact the City of Salisbury on 8406 8222 and we will remove them.

Alternatively, call the *Drug and Alcohol Service SA* 24-hour hotline on 1300 13 13 40. This is a state-wide service for people to report needles and syringes in public places.







It's not just about the internet

School students are flocking back to Salisbury's libraries in a move to help them decipher the vast amount of information available to them and work out its value.

In recent years the common way for students to spend their study time has been to use the internet exclusively for research, however adjustments to both the SACE framework and Salisbury's library services means this is changing.

Our libraries are teaching important information literacy skills to school children such as understanding where to find information in print and online and how to recognise when a piece of information is fact and when it's opinion. This is particularly useful as anyone can upload information onto the internet, meaning it often isn't reliable.

In term one of this year, 260 high school students visited our libraries to learn traditional research skills as the result of an initiative that joins the forces of northern libraries, City of Salisbury, TAFE SA, DECS and the State Library of SA.

The new SACE framework requires students completing year 12 to undertake a research project on a topic of their choice over the year, allowing them to pursue their own interests in an academic context.

Because year 12 completion rates in Salisbury have been lower than the Adelaide average for a long time, this initiative is seen as a great step towards equipping our students with fundamental skills to help improve these rates.

According to Michelle Glasson, Youth and Children's Outreach Officer, it is becoming increasingly important for school students to gain research skills early in high school to give them the best chance of completing their year 12 certificate at school.

"If secondary school students don't gain important information seeking skills and understand how a library works early on in their education, they will be disadvantaged when they attempt to complete their final year at school," explains Michelle.

Because most school children rely heavily on the internet for research and homework, there is the fear that traditional research skills are being lost, a concern this initiative addresses.

"To complete their research project and to gain important life skills, students can't limit themselves to a Google search," Michelle says. "We can help students of all abilities make sense of the enormous amount of information that is available to them. With a few key foundation skills, finding and reviewing information can become a much more simple process."

Some teachers have brought their Year 12 research project students to the library for special workshops. The students are shown how to access a range of information sources, both electronic and print.

"When students can bring their research topics to the workshops, the session is far more engaging for them. Instead of just showing them what to click on and what is available, they get to explore databases and other information sources in a meaningful context. They are often excited as they feel they have made progress by attending," Michelle says.

A number of local high schools in Salisbury also began helping their year eight students make sense of the library through visits where they gained membership and learnt basic information.

Sandhya Burton, Community Learning and Outreach Team Leader feels strongly about improving outcomes for young people in Salisbury, in order for them to get the future jobs they seek. "Salisbury has seen rapid growth and change in a number of industries with many new kinds of jobs becoming available in the area," explains Sandhya. "Young people who are growing up in Salisbury and don't want to move away from their families and networks for work are more likely to need to pursue higher education so they can live and work in Salisbury or the northern suburbs."

Salisbury libraries offer a range of traditional print collections as well as electronic data sources that provide information in new and innovative ways. Library staff can assist people to access databases, books, periodicals and a range of other materials, with special workshops for school groups being offered by the Community Learning and Outreach Team.

"A lot of students think the library isn't for them and that it is only for reading and studying. Through their visits we have been able to show them that the library does provide spaces, collections and staff are available just for them," says Sandhya.



For more information about how the library can support your child's learning, call 8406 8237.

Story by Sarah Poppy



Bridging the gap: Helping our unemployed into better futures

For many people, returning to study or learning a new skill is a daunting prospect. But right across Salisbury local residents are learning in the supportive environment of the City's community centres, run jointly by Council and the local community.

These centres, which traditionally housed community-based meetings such as craft groups have now become venues for a higher level of learning.

These alternative learning venues offer varied programs that are tailored to the needs of our community. The most popular courses include English as a second language (ESL), computing and fitness, as well as career-based programs, such as hospitality, children's services and office administration.

Our community centres are working well as learning environments; teaching foundation skills that help people transition into workplaces or tertiary-level courses.

This has resulted in additional funding from the State government, leading to a larger variety of courses.

The centres have the ability to engage students who may be reluctant or unable to attend a more formal learning environment, according to Alison Davies who works as a Neighbourhood Development Coordinator across two of these community centres.

"Often they are mothers returning to the workforce, or skilled migrants and their partners, who need to develop an understanding of the Australian workplace culture," Alison said.

The reasons these students prefer a community centre to a traditional education provider such as University, TAFE, or even high school, are as varied as the students themselves.

"Many have had negative past experiences with educational providers, low self esteem and confidence, are socially isolated or simply cannot see themselves ready for study," she said.

The success of the community centres' education and training programs lies in providing a holistic, supportive and engaging learning environment.

"We understand that people often need to have a range of issues under control, such as family, health and finances, before learning can be undertaken productively," Alison said.

"We take time to build relationships with individual students, to ensure we understand their needs and any barriers they may have to learning."

Alison said the success students achieved in the community centre programs frequently gave them the confidence required to commence further study or employment.

"Many of our past students have gone on to TAFE to study a range of different certificates and subsequently have found employment," she said.

Opportunities may be available at a community centre near you - for more information visit the Community Centres section of our website at www.salisbury.sa.gov.au or call 8406 8222 for details of a centre near you.



Mina's story

One student currently achieving success through the community centres is Mina Sanatkar.

Together with her husband and four year old son, Mina moved to Australia from Iran last year.

One of Mina's goals was to improve her spoken English. This was something she achieved more quickly than she thought possible, thanks to the personal attention and encouragement she received.



"The teachers at Morella helped so much, they encouraged me to be involved in the classes, which was very important," she said. "At first I had some problems communicating with English speaking people, I felt ashamed of speaking in a bad way, but the teachers were patient with me and listened."

This success gave Mina the confidence to move on to other courses. She undertook a *Foundation Skills* program in childcare at the Parafield Gardens Children's Centre for Early Childhood Development and Parenting.

She is now studying an administration course at the Burton Community Centre.

Mina, who worked in the IT field in Iran, is hoping her improved English will assist her to find work in the near future.

"Now that my language is better I feel I could look for work," she said. "Improving my English has been very helpful for me."



Story by Sarah Hausler

Contact a Community Centre near you

Bagster Road Community Centre
17 Bagster Road Salisbury North 5108
T: 8250 4167

Burton Community Centre
386 Waterloo Corner Road Burton 5110
T: 8280 8843

Morella Community Centre
90 Kings Road Parafield Gardens 5107
T: 8250 7786

The Paddocks Centre
Bridge Road Para Hills West 5096
T: 8258 8099

Pooraka Farm Community Centre
126 Henderson Avenue Pooraka 5095
T: 8262 5544

Salisbury East Neighbourhood Centre
28 Smith Road Salisbury East 5109
T: 8285 2055



How our children are changing the future of sustainability

Gone are the days of isolated, one-off school projects – children are now taking full responsibility for assessing, monitoring and developing whole sections of their local environment in an innovative approach to learning about sustainability.

The programs aim to teach valuable environmentally-focused skills that can be easily applied in the children's home lives and are run through schools, supported by the Adelaide and Mt Lofty Ranges Natural Resources Management Board's (NRM) Education Program.

"We encourage schools to take action and empower students to make change by getting kids out of the classroom, teaching skills in monitoring and evaluation and showing them the link between the environment and their daily lives," says Melissa Allery, NRM Education Coordinator.

Melissa said that by looking holistically at the wildlife and vegetation of an area children learn to improve biodiversity without adversely impacting on other environmental factors.

"We believe that looking at a particular site as a whole can improve the surrounding environment," she said.

Through the program students learn a variety of skills to help improve ecosystems, including creating habitats for lizards, birds, bats and butterflies; monitoring tree health; controlling introduced weeds; water quality monitoring and increasing awareness of environmental issues.

One activity schools can get involved in is drain stencilling, aimed at raising awareness to keep our water systems clean. This involves students painting the message 'Only rain goes down the drain' on street drains. Other activities that build skills include using invertebrates to help eradicate vegetation threats and creating butterfly gardens.

Mawson Lakes School is currently working with NRM Education to help develop an interpretative trail along Dry Creek at Mawson Lakes, as part of their involvement with NRM Education and the Australian Sustainable Schools Initiative, SA.

The school has received funding from both the City of Salisbury and a State NRM grant to develop a conservation walk for members of community.

The area will serve as a focal point for students studying environmental issues where future monitoring and testing can take place.

NRM Education has a list of sites that schools can use for environmental monitoring and action; however they also encourage schools to respond to needs in their own area.

"Schools might have an area in mind like a historic site, creek or river or they can contact us to find one close by," Melissa said.

NRM Education wants to encourage schools to utilise their environmental resources and support, including an extensive loan library that delivers free to schools in the Salisbury area.

Melissa looks forward to a future where children intuitively do positive environmental things themselves without needing to be told what to do. "We want to get to a point where everyone is so environmentally conscious that they don't need people like us," she said.



For more information visit www.nrmeducation.net.au

Programs that schools can utilise through NRM Education to get involved in environmental sustainability

1. The Australian Sustainable Schools Initiative – SA
2. Engaging with Nature (formerly known as Waterwatch) - environmental monitoring programs
3. NRM Education's youth environment forums-participation provides opportunities to represent the youth of SA at government level and interact with other like-minded students.





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PHONE: 8258 4175 FAX: 8281 2994

July 2011 to November 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 Council on 8406 8222.

Brahma Lodge

Parks and Landscape

Brahma Lodge Oval – irrigation upgrade at completion of football season.

Brahma Lodge Oval – playspace renewal.

Burton

Roadworks – New Construction

Diment Road – upgrade at the junction with Hawker Road.

Hookina Road – completion of design of a major upgrade including drainage and lighting.

Parks and Landscape

Burton Park Community Centre – detailed design for landscape development.

Building Works

Burton Park – solar panels (commencement of Council's 'Carbon Management Plan').

Burton/Direk

Drainage Works

Burton West Industrial Drainage Scheme – culverts at Diment Road.

City Wide

Miscellaneous Works

Kerb Ramps and Footpath Links - to meet the needs of the aged and disabled; timing is subject to a priority assessment and funding availability.

Water Management

reWater Reticulation – continued roll-out of recycled water mains and associated infrastructure to supply reserves, schools and industry.

Drainage Works

Watercourse Erosion – erosion control works along Little Para River and Dry Creek, including remedial action to repair erosion following 2010/2011 summer storms.

Miscellaneous Works

Bus Shelters including Access Upgrades – limited program of upgrades at high-frequency bus stops (subject to external funding and budget approval).

Parks and Landscape

City Wide Trails and Biodiversity Corridors Program ('Green Trails Program') – includes Little Para River (from Burton Road to Kings Road), including signage, outdoor furniture, some lighting and biodiversity planting.

Building Works

Energy Efficiency Works – various enhancements to Council buildings to reduce energy consumption and reduce cost to ratepayers.

Greenfields

Footpaths

Salisbury Highway – improved footpath linkages from Parafield Gardens to Mawson Lakes (subject to budget approval).

Miscellaneous Works

Watershed – commencement of 'Kauria Recognition Marker' public artwork project.

Watershed – car park lighting upgrade (subject to budget approval).

Ingle Farm

Building Works

Ingle Farm Sporting Club (Rowe Park) – kitchen upgrade works, also car park upgrade and associated landscape works.

Mawson Lakes

Roadworks - Traffic

Mawson Lakes Boulevard / Park Way – new roundabout.

Parks and Landscape

Completion of landscaping to waterways (Dry Creek and Bennett Road Drain).

Parafield Gardens

Roadworks - Traffic

Bardsley Avenue – channelisation treatments at junctions with O'Neill Street and Tallon Street.
Shepherdson Road – channelisation treatments at Vartue Street and Andrew Smith Drive and associated road reseal works.

Building Works

Morella Community Centre – design of building upgrade works, including air-conditioning renewal.

Parafield

Drainage Works

Parafield Drain – renewal works to concrete lined drain between the railway and Parafield Airport.

Paralowie

Roadworks – New Construction

Bolivar Road – commencement of a major upgrade from Burton Road to Waterloo Corner Road.

Drainage works

Little Para River Overflow Channel – further works to complete the overflow channel west of Burton Road to help protect properties further downstream from possible flooding.

Parks and Landscape

Martins Road – median landscaping.

Pooraka

Miscellaneous Works

'Mapping Salisbury' – historical markers for former abattoirs and stock yards, a public artwork project.

Water Management

Unity Park Bio-Filtration Scheme – further works to capture and cleanse stormwater for re-use.

Parks and Landscape

Main North Road (south of Diagonal Road) – landscaping of median.

Lindblom Park – playground replacement.

Unity Park – skate park terracing for enhanced spectator viewing and user safety reasons.

A new pedestrian crossing on Church Street is helping our town become more pedestrian-friendly





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A business transformed

Turning a passion for vintage vehicles in to a viable business operation turned out to be a bumpy road for local car enthusiast Andrew Mitchell.

Andrew launched his business, Auto Transformers, three years ago with a mission to 'restore, repair and recreate' special vehicles to their former glory.

Working with a small but dedicated team, Andrew's business provides a one stop shop for car restoration, from rust repairs and re-sprays through to mechanical repairs and custom interiors. Auto Transformers is helping car nuts from all over Adelaide bring their automotive dreams to life.

Auto Transformers' website (www.autotransformers.com.au) invites new customers to a tour of the workshop, and entices them with the prospect of plenty of 'eye candy'. With over twenty restoration projects on the go at any one time it says visitors won't know which way to look first.

But despite a promising start, a little over twelve months ago Andrew's business had reached a low point that he was struggling to see a way out of. This was when he contacted the Salisbury Business and Export Centre (SBEC) for help.

SBEC Business Advisor, Rob Chisholm was able to provide advice and guidance on the challenges being faced by Auto Transformers.

Andrew received assistance with moving to the company's new premises in Parafield Gardens, negotiating a new business lease, organising overdrafts and securing a loan, marketing and team building. He says he now remains in constant contact with his business advisor. "One of the biggest advantages is having Rob to sound ideas off. We would speak every week or two at the worst to see where things are at."

For his part, Rob says he gets a huge amount of satisfaction helping promising businesses like Andrew's. "I spent many years running my own businesses successfully and it's a real privilege being able to share the benefit of my experience with others," he said.

Rob has been with SBEC for a little over two years now and says he is constantly amazed and excited by the range of small and medium sized businesses being run by northern suburbs entrepreneurs.

"Many small business people just see themselves as making a living on their own terms," says Rob, "but a little support and guidance can often open up a world of new opportunities and make running your own business a lot less stressful and sometimes a lot more lucrative."

Andrew agrees. "Working with Rob at SBEC has been really good for us," he says "and I'm sure he will continue to push the business even harder."



For more information about the business support offered by SBEC go to www.salisburybec.com.au, call 8206 8205 or email sbec@salisbury.sa.gov.au.



Andrew Mitchell is grateful for support for his business from SBEC



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Website: www.salisburyhigh.sa.edu.au

Email: info@salisburyhigh.sa.edu.au



SALISBURY RSL SUB BRANCH

19 Park Terrace, Salisbury

PO Box 851, Salisbury 5108

Tel: 8258 6016 Email: rsl.sals@bigpond.net.au

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Member's Bar and Gaming area opening times are:

Monday to Friday – 12:00 noon to close

Saturday – 10:00 a.m. to close

Sunday – 11:00 a.m. to close

Dining Room opening times:

Sunday to Friday – 12:00 noon to 2:00 p.m.

5:30 p.m. to 7:30 p.m.

Regular Bingo Sessions:

Saturday 12:15 p.m. to 2:30 p.m.

Sunday night Dance:

7:30 p.m. to 11:30 p.m.

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Sharing a love of art

While the name may sound a little highbrow the friendly folk of the Salisbury Art Society are there to help and support each other and share their mutual enjoyment of art.

The group meets three times a week at the Salisbury Centre in Wiltshire Street, Salisbury where they paint and draw together in a friendly and supportive atmosphere.

Vice President Fay Jeanes says there are no prerequisites to join the group, just a love of art. "We encourage each other, and there are some experienced artists in the group who can provide guidance to anyone who would like it" she said.

The society recently exhibited at Parabanks with local artist Laurie Barber winning the People's Choice Award for his graphite drawing of the Old Michaelago School House. According to Fay the exhibition was very successful with quite a number of the paintings sold to the public.

Another exhibition will take place at the John Harvey Gallery as part of the SALA Festival from July 28 to August 12.



To find out more call Fay on 8258 6283 or email President Haley Jones at hales45@bigpond.com.

Ever thought about researching your family tree?

The Adelaide Northern Districts Family History Group (ANDFHG) offers family tree research and help.

They have a large collection of family history research material and have volunteers on hand to assist you with your research.

The centre is open every Thursday from 10am to 4pm and on the 2nd and 4th Saturday of each month. Speaker nights will be held every 3rd Thursday at 7pm. Everyone welcome.



For more details email info@andfhg.org, call 0457 436 123 or visit www.andfhg.org.

Endurance Royalty

Based at the Salisbury Recreation Precinct, just off Waterloo Corner Road, is a group of the fittest people in Adelaide.

The TriKings Triathlon Club has 81 members ranging in age from 15 to late 60's who train up to six days a week.

"Our training includes spin classes, swimming, track and hill running and on the weekends we do our long rides which are a minimum of 60 kilometres," said Adam Hunt, Club President.

The oldest triathlon club in South Australia, TriKings has a number of iron man series competitors and several champions in its ranks, including Ella Holms who is the Junior Female World Age Group Champion, and Brad Wauer who won the State Open Series for 2010-11.

One of the club's points of difference is that it encourages parents to train with their juniors. As a result many of the parents have gone on to become serious triathlon competitors themselves, according to Adam.



For training and membership details visit the website at www.trikings.net.au



Taking it off road

The Northern 4WD Club of South Australia is as much about families socialising as it is about four-wheel driving according to Vice President, Charlie Perks.

The club, based at Burton Community Centre, has 30 members ranging in age from 20 to 65 who take regular off-road and camping trips all over the state, and sometimes beyond.

The club's trek across the Simpson Desert up to the top of Cape York took almost four weeks and covered around 10,000kms, but more often club

members stay within SA, visiting our stunning national parks, the Riverland area and private properties that allow four-wheel driving.

Club membership is open to anyone interested in getting out into the great outdoors that has a 4WD considered by the manufacturer to be suitable for off-road use.



To find out more go to the club's website www.northern4wdclub.org.au, email shazza07@gmail.com or give Charlie a call on 0409 409 033.

GOODWILL

Fashion with soul

We are looking for friendly, enthusiastic people to join our Team at our -

Salisbury & Elizabeth Stores
& Dry Creek Warehouse

Learn new skills.
Get great self satisfaction.
Make new friends and help the community.
If you are interested in helping out just a few hours a day, or a couple days a week, we would love to talk with you.

For more information please call Audrey on
8202 5077 or 0458 526 646

All Volunteers must undergo a medical health and police background check as per the organisation policy. Expenses will be covered by Goodwill.



Classes available for Boys and Girls from 2 1/2 years to advanced levels in

Classical Ballet R.A.D., Jazz, Tap, Body Conditioning, Contemporary, Hip Hop.

Students prepared for Examinations and Competition.

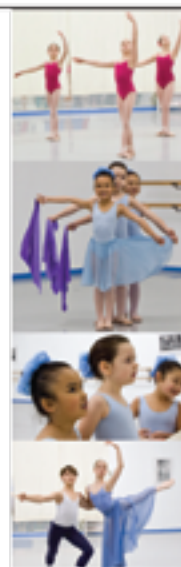
Adult classes in Ballet, Jazz, Tap, Contemporary and Zumba.

Intensive Ballet Training Programme now available for those students wishing to pursue a career in Dance.

SACE Year 11 & 12 Dance

All teachers are qualified professionals. Classes are small in numbers - held in air-conditioned, heated and mirrored studios with sprung floors.

St Jay's Recreation Centre, 15 Brown Tce, Salisbury
Ph: 8346 9260 Mobile: 0413 113 950 or 0435 556 131



2 Fooks Tce, St Kilda

Phone: 8280 6874

Web: stkildabeachhotel.com.au

Email: stkildahotel@internode.on.net

Live entertainment...

Country, karaoke, classic rock. Call for more information.

Celebrate with a view...

Whatever the celebration/function, any time of the year.

SPECIAL MEAL DEAL
Buy one meal, get a second meal for half price.
Valid Mon-Fri until 30/9/11



ST PATRICK'S
Technical College

TRADE TRAINING ... is all that we do.

St Patrick's Technical College provides a unique trade focused SACE and apprenticeship training for Year 11 and 12 students.

Your trade career **starts here**



Trade and Apprenticeship Expo

Sunday 11 September
1-4pm

ST PATRICK'S
TECHNICAL COLLEGE

2-6 Hooke Road
Elizabeth West SA 5113

1300 765 384

facebook.com/stpatstech YouTube.com/stpatstech www.stpatstech.sa.edu.au

*You are invited
to join us for our...*

COLLEGE TOURS

WEDNESDAY 10 AUGUST 9.30am

THURSDAY 17 NOVEMBER 9.30am



For further information
please contact Sandy Bethley.

OUR LADY OF THE SACRED HEART COLLEGE
496 Regency Road Enfield SA 5085 Phone 8269 2077

olsh.sa.edu.au

FS



Leading and Succeeding

Salisbury's Daffodils create lasting change for Salisbury mums

If you were talking about Daffodils in Salisbury in the 1980s, chances are you weren't discussing the bright yellow flower.

Rather, you may have been referring to the group of dedicated women who formed a telephone communication network to support new mothers in the region. They called themselves the DAFFODILs, an acronym for Dial A Family Friend Or Dial In Line.

The early 1980s was a time of rapid expansion in Salisbury. With hundreds of new homes being built in the Salisbury Heights and Salisbury Park suburbs, new families were streaming into the region.

Community Child Health Nurse Denise Latto was working locally at the time and quickly identified the need for increased support for these young families, particularly the mothers.

Based at the Salisbury Park Kindergarten one day per week, Denise soon realised this was simply not enough time to provide the support required by the new mums in the region. Wanting to take action, she gathered together a group of 10 experienced mothers willing to provide support and guidance to the new mothers in the area, and the DAFFODIL program was born.

The confidential support included regular phone calls, home visits, parenting advice and more practical support, such as referrals to GPs, local services and assistance with transport.

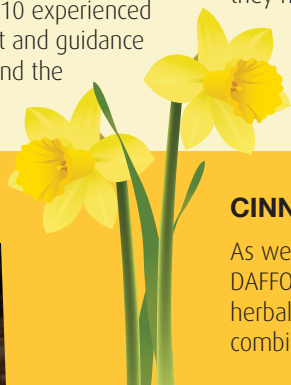
DAFFODIL volunteers spent two years each on the program, dedicating hundreds of hours to their role. Throughout the ten years of the program 30 mothers took up the challenge of being a DAFFODIL.

They were a force to be reckoned with, bringing to light the needs of the community and lobbying for services, such as the provision of an occasional care centre and the construction of the pedestrian overpass on Main North Road at Salisbury Heights.

For the past 15 years Denise has been writing a book on the achievements of the DAFFODILs. The book has been a labour of love for Denise, who is now retired and still lives in the Salisbury area. She sees it as an opportunity to recognise the efforts of the volunteers in the program, and the positive contribution they made to the community.

"I wanted to honour these mothers," Denise said. "They provided a selfless service to others, which brought great benefits. It was a great privilege to work with so many of those mothers, I found it a very enjoyable time."

Denise hopes to publish a book entitled 'DAFFODIL Diaries, Reflections and Remedies' in the near future.

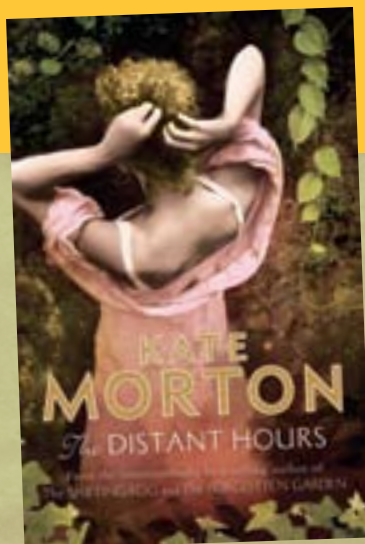


CINNAMON AND HONEY

As well as providing advice and support, the DAFFODIL program became well known for sharing herbal remedies, many of which focused on a combination of cinnamon and honey.

Here is one of the most popular, designed to alleviate the symptoms of the common cold.

Take one tablespoon of lukewarm honey with 1/4 teaspoon cinnamon powder daily for three days to help alleviate coughs, colds and clear the sinuses.



Book Review by Michelle Glasson, Salisbury Library Service

The Distant Hours by Kate Morton

**"Hush.....
Can you
hear him?
The trees
can.**

They are the first to know that he is coming." So starts Kate Morton's *The Distant Hours*.

After reading *The Forgotten Garden* the fear is that Morton may have left an act too hard to follow but after turning last page of her latest release, this is clearly not the case.

This is a haunting tale of three sisters, one of whom is forever young, tethered to the past by her shattered mind.

Although their lives are inextricably entwined each has their own compelling story which adds to the books depth and mystery.

Set against the backdrop of Middlehurst Castle the story flicks seamlessly from the present to the past drawing the reader with it into times long forgotten and allowing you to dwell for a while within its walls.

To borrow a phrase from the author, "Details murmured into place around me and it seemed as if I'd stepped into the fabric of a dream."

In this captivating story, developments between the characters are hinted at rather than explained leaving the reader eager to finish the book yet at the same time unwilling to end the experience.

In an era where little is left to the imagination there was unexpected pleasure in the opportunity to exercise mine.

The enjoyment of this book is as much about its literary gentleness as it is the story itself. Paragraphs beg to be re-read just for the sheer beauty of the words. It is almost like being in another era where the sounds of carriage wheels on cobblestones can be heard.

This is not a book to be rushed through with just the end goal of completion in mind but rather a book to be savoured like a fine wine and with just as many complexities.

The only negative remains the interminable wait for her next masterpiece.



Social Scene

Community Events in Salisbury



- 1 The Mayor's Cocktail Function** - The City of Salisbury's 2011 Living Legends were formally announced and recognised for their contribution to the community at the Mayor's Cocktail Function which took place in the John Harvey Gallery on March 30.
- 2 Stephen Hains' Farewell** - Former CEO, Stephen Hains was farewelled after 20 years of service to the City at a function which took place at the Mawson Centre on May 4.
- 3 Street Talk event** - More than 500 people came out to Street Talk outside Len Beadell Library to tell us their vision for the Salisbury Town Centre redevelopment on June 2.
- 4 South Australian Dance Forum** - 97 couples competed in the Open State Titles in November and May at the Parafield Gardens Community Club in the styles of Ballroom, Latin American, Latino, Rock n Roll, Jazz, Tap and Hip Hop. Three couples were then selected to represent South Australia in the Crown Ballroom and Theatrical Championships in Melbourne in April. Students from local primary schools competed in the state titles.



What's on in Salisbury

winter/spring 2011

july

24

MLC Tennis Hot Shots Clinic

For kids aged 5-12 years.
At Salisbury Recreation Precinct.



29

Blue Light Disco

St Jays Recreation Centre.
7pm - 10pm.

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

august

5

Burton Disco

Burton Community Centre
6.30pm - 9pm
Call 8280 8843.

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

13-21

National Science Week

Annual celebrations to recognise achievements
of science in our everyday life. Call 8302 5449.

18

Long Tan Ceremony

Ceremony held at Montague Farm Estate to
commemorate the Battle of Long Tan.
Call 8406 8238.

19-21

Salisbury Writers' Festival

Writers' forum and workshops held in
Salisbury Town Centre. Call 8406 8469.



20-26

Children's Book Week

Theme for 2011 is
'One World, Many Stories'
Salisbury Libraries will
deliver an exciting program
to schools. Call
8406 8233 or visit
your local branch.



26

Blue Light Disco

St Jays Recreation Centre.
7pm - 10pm.

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

september

1-30

Biodiversity Month

1-8

Adult Learners' Week 16th Annual
celebration in Australia of the value of adult
learning. Various events and activities in Salisbury.

2

Burton Disco

Burton Community Centre
6.30pm - 9pm
Call 8280 8843

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

23

MLC Tennis Hot Shots - US Open

For kids aged 5-12 years. At Salisbury Recreation
Precinct.

23

Blue Light Disco

St Jays Recreation Centre.
7pm - 10pm.

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

october

1-31

Aged to Perfection

An annual program featuring over 600 events to
celebrate Senior's Month in the City of Salisbury.
Visit www.agedtoperfection.com.au or call
8258 7286 for more information.

1-16

School Holiday Program

A range of activities and events
for kids 2-18 years at libraries,
community and recreation
centres in Salisbury.



4-16

Growing for Gold A free come and try
sports program in Salisbury for 3-16 year olds.
Registrations essential.
Call 8406 8366 for more information.

GROWING FOR GOLD

october

1-31

Small Business Month

Various events and expos in Salisbury.

7-16

Australian Masters Games

11000 athletes will descend on SA for the games,
with two events being held in Salisbury: pistol
shooting and soccer. Details to be confirmed -
visit www.australianmastersgames.com to stay
informed.

15

BankSA Northern Lights Multicultural Festival

Twelve25 Salisbury Youth Enterprise Centre.
Call 8253 9928 for more information.

15

Model Yacht Regatta

mawsonlakesregatta.org.au



28

Burton Disco

Burton Community Centre
6.30pm - 9pm
Call 8280 8843

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

28

Blue Light Disco

St Jays Recreation Centre.
7pm - 10pm.

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

28

Halloween Roller Skate Disco

Ingle Farm Recreation
Centre. Call 8263 0411
to book.



november

11

Remembrance Day

11am ceremony.
Salisbury War Memorial, Orange Avenue.
Email rs1@bigpond.net.au for more information.

Respite for Carers Program

A program of
Northern Respite
Care Services

Do you care for a loved one who is
elderly, frail or disabled?

Do you wish to know your loved one
is in safe hands whilst you take a break
from caring to access the community?

NORTHERN RESPITE CARE SERVICES is auspiced by the Lyell McEwin Regional Volunteers Association Inc and aims to provide an in-home respite service in order to help carers maintain their role with maximum independence.

To be eligible for respite, both the carer and care recipient must reside in the Playford, Salisbury or Tea Tree Gully Council areas.

There is no cost for this service.



To request further information or to arrange a visit to assess your needs, please contact the Program Coordinator on:

Phone: 8182 9800 Mobile: 0411 117 323

Fax: 8282 0840 Website: www.lyellmcewinvolunteers.org.au

This Program is funded under the National Respite for Carers Program



How can we help you?

Anglicare, in the heart of the Salisbury community, provides a range of services for you and your family. Come in and see us for:

Peppertree Fashions — great quality pre-loved clothing and household goods at very reasonable prices

Clean Needle Program — walk in, walk out

Gambling Help Services with a specialised Cambodian gambling support worker, 8256 2160

Financial advice and support services, to help you get your money sorted

- Saver Plus
- Financial Counselling
- Urban Money Management
- Money Minded workshops
- No Interest Loans
- In Roads (Micro Finance Loans & Micro Enterprise Loans)

Emergency Assistance weekdays, including food, help with utility or chemist bills. Appointments essential, phone 1800 773 277 (freecall) between 9–9.30am weekdays

We're here when you need us. But don't wait until then, come in and check us out!



ANGLICARE
HOPE IS HERE. SA.

9 Mary Street, Salisbury, telephone 8256 2170
Open Monday–Friday, 9am–5pm
— right near the railway station and Salisbury shopping centre