

SALISBURY AWARE

FREE | edition 61 | autumn 2020



SALISBURY CATCHES FRINGE FEVER



INNOVATION MEETS HISTORY AT THE HUB



CARVING NEW SKILLS AND FRIENDSHIPS



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The year is well and truly off to a flying start with a number of exciting events and programs being held within the City of Salisbury across the first quarter of the year.

We kicked off 2020 with the Australia Day celebrations in the Salisbury Civic Plaza/ Inparrinthi Kumangka, which offered a valuable opportunity to celebrate some of our high-achieving residents while welcoming in dozens of new Australian citizens.

Another flagship event, Salisbury Secret Garden, also brought members of our community from all walks of life to the Plaza for a weekend of music, entertainment and relaxation.

Our International Women's Day event attracted visitors to the City Centre and was a



Mayor Gillian Aldridge OAM

great outlet for highlighting our commitment to fostering success and leadership in our own young women. The multi-faceted abilities of the Plaza and Salisbury Community Hub space have also been put on show via our array of new digital programs and school holiday activities.

Whenever I walk through the Hub, it is fabulous to see the community embracing the building in the way it was intended.

At any given time it boasts the bustling and active environment Council intended – whether that involves a pair of children playing a game of chess, a student charging their laptop on the bleachers, friends sharing lunch on the outdoor terrace or residents making use of the many meeting rooms and quiet spaces perched along the ground and first floors.

I am excited at the prospect of what is yet to come, not just in the City Centre but across the whole of our Salisbury region during the coming months.

SALISBURY AWARE

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WORDS Erica Visser

CIVIC PLAZA COMES ALIVE WITH SALISBURY

SECRET GARDEN

A new location for this year's Salisbury Secret Garden was embraced by the community, with more than 5000 people flocking to Salisbury Civic Plaza to enjoy the City of Salisbury's flagship event across three days.

Mayor Gillian Aldridge OAM said it was great to see so many members of our community getting into the Fringe spirit – from the young children who were wowed by street performers, to music fans who indulged in fabulous local to national gems.

"Salisbury Secret Garden is an event which sees community members from all backgrounds come together in unison to enjoy a taste of festival fun in our own backyard," said Mayor Aldridge.

"Looking around, it was fantastic to see children laughing along to entertainers, families dancing together and others sitting back and making the most of what was a relaxed and special atmosphere."

An eclectic mix of local entertainment wowed crowds across three days – from Local

Revolution, to the Twilight Zone, and Rhythm Cats – while international Fringe performers including B-Boy and The Unicycling Unicorn also caused a stir.

The Unicycling Unicorn, aka Minnesota-born Jamey Morrison, traded in his comfortable medical engineering career for a transitory existence atop a 12-foot-tall unicycle.

He draws motivation from the positive interactions with audiences including the one at Salisbury Secret Garden.

"I hated the corporate life. I got involved in unicycling to make people happy, making people smile and have some fun," Jamey said.

"Seeing older people, young people and people from all backgrounds coming together and having a good time is what really fills me up."





What you said about the Salisbury Secret Garden on Facebook

Kelvin – It was great to see the City of Salisbury using the recently opened Salisbury Community Hub to create the Secret Garden free three-day extravaganza. The Salisbury Civic Plaza is proving to be a very successful space for all kinds of events for everyone to enjoy.

Leanne – Hats off to Twilight Zone & all those in the audience who stayed to the end to hear the Australian rock 'n roll of the 60s & 70s. Well done to the organisers.

Sheila – What a great afternoon/ evening's entertainment! Local Revolution always great! And Dan Sultan was amazing! Have never seen him play live before... Wow... such a powerful performer!

Carol - Face painting in the hub was very popular... Also this guy balancing and juggling on a 12 foot unicorn unicycle. Very impressive. Good crowd in attendance.

WORDS Erica Visser

REMARKABLE RESIDENTS

RECOGNISED WITH AUSTRALIA DAY AWARDS

From a young refugee who overcame life's struggles to thrive to a tennis enthusiast with a "can-do" attitude - all of our 2020 Australia Day award recipients have remarkable achievements under their belt. Let's celebrate them.



CITIZEN OF THE YEAR

The recipient of this year's Senior Citizen Award has been described as never giving up on a challenge and possessing the ultimate "can-do" attitude.

Jim Zissopoulos is a key figure at the Valley View Tennis Club and is credited as being the driving force behind saving the Club from potential closure 10 years ago.

Jim's determination to ensure the Club not only remained open but expanded and thrived, can be seen today in the junior tennis program which he established a decade ago and still coordinates today.

In any given week, more than 100 children and adults are coached through the Club to develop their tennis skills and up to 70 children are participating in regular Friday night and Saturday morning competitions.

Jim has developed a 12-stage coaching program for all junior players and encourages young players to continue on to the senior competition and also become tennis coaches. As a result, about 10 junior players who started with the Club at 8-10 years old have gone on to become coaches for the Club and are also developing their skills for future employment.

As well as coaching, Jim also manages background tasks such as coordinating fees, sending weekly update emails, driving a volunteer culture and successfully applying for grants for upgrade works to the Club.



YOUNG CITIZEN OF THE YEAR

This year's Young Citizen of the Year is 19-year-old Salisbury resident Monu Chamlagai.

Monu is an inspiring member of the Salisbury community who generously and actively advocates for youth, refugees, women and girls and mental health awareness.

Having arrived in Salisbury with her family as an 11-year-old on a humanitarian visa after being born and raised in a Nepalese refugee camp, Monu has always had a desire to give back to the community she says has given her much more than just shelter.

Now as a young leader, having overcome a host of barriers that many young people do not face, Monu is a passionate volunteer for the City of Salisbury. She holds positions as Deputy Chair of the Youth Council and Deputy Chair of the Salisbury Intercultural Community Alliance.

While balancing her demanding volunteer roles, Monu studies a Bachelor of Psychology full time and works part time in hospitality.

Despite her busy schedule, Monu still finds time to further develop her skills by taking on board new opportunities, presenting at conferences and applying for further advisory positions.

As a young woman in the Bhutanese community, Monu inspires other Bhutanese people to have the confidence and belief that they can play an important role in the wider community.

Monu is an exceptional young woman and a truly well-deserved recipient of this award.





SENIOR CITIZEN OF THE YEAR

This year's Senior Citizen Award is awarded to Parafield Gardens resident Bunchhong Mann. Since relocating from Cambodia with his wife and six young children as refugees in 1980, Mr Mann has worked tirelessly in dedicating his time to the local Khmer community and giving many families the opportunity for a better life.

Mr Mann played a key role in the establishment of the Cambodian Association of South Australia. Mr Mann played a key role in the establishment of the Cambodian Association of South Australia and was the inaugural president.

Through the Association, Mr Mann worked alongside the State Government to assist refugees and established the Khmer Ethnic School in partnership with women, youth, dancing and music groups. He has taught in Salisbury both within the Khmer Ethnic School and also mainstream schools.

He also organised numerous Khmer events and encouraged his team to share their culture with the wider community and was a member of the Lutheran Refugee Support community that has helped people from Cambodia, Laos and Thailand resettle in Adelaide.

Bunchhong Mann personifies what makes Salisbury a fabulous place to live.



COMMUNITY EVENT OF THE YEAR

The Northern Community Family Fun Day, hosted by the Lions Club of Paralowie, is the City of Salisbury's Community Event of the Year.

The annual event is important in bringing together community members and instilling a sense of community pride. In the three years since it was launched, the event has also contributed to making Salisbury a great place to live, offered a safe and fun place to meet and provided opportunities for dozens of stallholders to operate locally.

The small team of Lions Club members have effectively worked with limited resources to ensure the event not only is a success, but has grown each year' remove with.

The Northern Community Family Fun Day is a high standard event and a fixture on Salisbury's calendar. Congratulations to everyone involved.

WORDS Erica Visser

INNOVATION MEETS HISTORY AT THE HUB

When two black knights went missing from the Salisbury Community Hub's popular chessboard, Digital Literacy Programs Coordinator Cameron Hocking had a bright idea.

Using designs downloaded from the internet, he set the City of Salisbury's new 3D printer to produce a pair of replacement pieces.

But this is just one example of the countless everyday problems that 3D printing technology can satisfy, given the right measurements.

"A lot of people, when they think about 3D printers, they think about printing off fun, little trinkets. I want to show that it's not just about that," he said.

"You can design custom solutions for yourself, whether it's a spare knob for an old radio that's not available in store anymore or a hook for your shower."

Cameron is heading the City of Salisbury's Introduction to 3D Design and Printing

program for children aged over nine, among other digital programs on offer across the year.

In a further demonstration of the flexibility of 3D printing, Cameron is creating impressive model replicas of iconic sites across the area.

Hours of research were behind the replication of a model version of the "Spaceland Play Rocket" that was once a feature in an open air arcade in John Street, Salisbury.

"I wanted to investigate what you could do to bring back to life things that had disappeared. The hardest part is to get a sense of the size and scale," Cameron said.

"A lot of people who have lived in Salisbury for a long time have memories of the Space Land rocket – I've heard accounts that everyone played on it and that the slide was closed down at one stage.

"I did a bit of research to track down any photos of it to work out, 'what colour was it?', 'what exactly did it look like?' and so on."

Since its completion, the rocket model has attracted nostalgic comments from Hub visitors who have been lucky enough to find it tucked behind glass against the back wall on the ground floor.

It now also has a counterpart – a representation of the old Salisbury Flour Mill and there has also been talk of recreating the Salisbury Waterwheel.

Next on the list to construct is the clock tower in Salisbury's City Centre – as soon as Cameron locates four suitable working watch faces, one for each side of the tower.

Classes involving 3D printing will be included into 2020's digital literacy programs.







Keep an eye out on what is coming up in digital programs at the Salisbury Community Hub:
www.salisbury.sa.gov.au
/digitalliteracy

Learning to code

With coding predicted to be at the core of the future's workforce, it is important our children are equipped with the skills to help them thrive

Coding classes are being held out of the Salisbury Community Hub for children as young as five starting with basic coding and design.

A pocket-sized computer – called a Micro:bit – is used within the Hub's digital literacy programs as it is easy to use for people of all ages and abilities.

The Micro:bit features 25 LED lights and two programmable buttons and can be used to do a number of things such as small programmable tasks like fitness tracking or playing games.

At the Hub, attendees are using computers to program the Micro:bits to play an electronic version of the schoolyard game 'rock, paper, scissors'.

The tool can be programmed to symbolise

rock, paper or scissors or an individual can even play against the Micro:bit.

"Physical representation of a code is very powerful because it allows us to know if it works or if it doesn't work," Cameron said.

"Being able to program simple working games means that kids can understand the mechanics of how the game works."

Another popular program taking place out of the Hub is the Minecraft Coding Club.

Minecraft has transcended traditional gaming to become a widely used educational tool, encouraging children to use coding to solve virtual challenges.

"Minecraft is really popular because they're learning how to do new stuff within the game that they might have already been playing," said Cameron.

"It's coding in a virtual world."



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MORE WAYS TO IMMUNISE

Immunisation is one of the best ways you can protect yourself, your children and future generations from infectious diseases.

Free immunisation services are now available at five convenient locations across Salisbury following the launch of an additional service centre at the Salisbury Community Hub.

Services can also be accessed at the Burton Community Centre, Salisbury East Neighbourhood Centre, Ingle Farm Recreation Centre and The Mawson Centre.

No appointment is necessary, just bring your immunisation record book and your Medicare card when you attend.

City of Salisbury provides a free immunisation service for eligible persons up to 19 years of age and catch-up immunisations for secondary school students.

Immunisation is a simple, safe and effective way of protecting people against harmful diseases before they come into contact with them. Immunisation not only protects individuals but also others in the community by reducing the spread of preventable diseases.

When you get immunised, you protect yourself as well as helping to protect the whole community. When enough people in the community get immunised, it is more difficult for these diseases to spread. This helps to protect people who are at more risk of getting the disease, including unvaccinated members of the community. This means that even those who are too young or too sick to be vaccinated will not encounter the disease.

We call this 'herd immunity' and it can save lives.

Mayor Gillian Aldridge OAM said she was pleased the number of immunisation centres had expanded with the opening of the clinic at the Salisbury Community Hub.

"The Hub is a central location to allow for easy access for the community and is close to public transport," Mayor Aldridge said.

"It has facilities specifically designed for the delivery of immunisation services," she said.

"Council recognises the importance of protecting the community from preventable diseases and is committed to ensuring residents have ongoing access to free immunisation services," she said.

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The City of Salisbury immunisation service is delivered by Health and Immunisation Solutions (HAIMS) and they can be contacted for any general enquiries on 8152 0363 or email admin@haims.com.au.

Did you know...

- All vaccines listed in the National Immunisation Program (NIP) Schedule are free.
- Eligibility for free vaccines under the NIP is linked to eligibility for Medicare benefits.
- The quickest way to get your immunisation statement is by using your Medicare online account through myGov or the Express Plus Medicare mobile app.
- You can also call the Australian Immunisation Register (AIR) enquiries line on 1800 653 809.

YOUR WASTE AT WORK

The last time you threw something away, you may not have considered where it's going and how long it will be there.

In the City of Salisbury, that's the task of the Northern Adelaide Waste Management Authority (NAWMA) which operates the area's residential bin service and hard waste collection.

NAWMA works with its owner Councils
- City of Salisbury, City of Playford and
Town of Gawler – to achieve best-practice
waste management and resource recovery
outcomes for the benefit of all residents.

Here are some of the latest NAWMA strategies to enable residents to recycle and help the environment:

Battery recycling

Batteries contain valuable resources that can be recycled over and over so it is important that they are not lost to landfill. However, under no circumstances do they belong in the yellow-lid household recycling bin as they can catch fire if they are damaged or overheated.

NAWMA operates two Resource Recovery Centres (Pooraka and Edinburgh North) which are open to the public seven days a week.

All batteries can be safely recylced at either of these two Centres.

Free trailer hire

Free trailer hire is available for Salisbury residents who have hard waste items to get rid of but cannot wait for a collection.



Residents requesting a hard waste drop-off can hire a 6 x 4 caged trailer for up to three hours any day of the week.

Bookings must be made in advance and a fully refundable deposit is required when collecting the trailer from either of NAWMA's Resource Recovery Centres.

New Education Centre now open

NAWMA's new Education Centre is now open. Residents can learn and see first-hand what happens to their waste and recycling.

Community groups and residents aged 18 and over are invited to visit the Centre and tour the Material Recovery Facility.

Contact 8259 2100 for further information and bookings.

Receive bin reminders and tips on your phone

Residents can receive NAWMA's bin collection reminders and recycling tips on their phone via the free My Local Services app.

The app can be downloaded on iPhone and Android. Search "My Local Services" in the App Store or the Play Store.





www.nawma.sa.gov.au

WORDS Nina Parletta

YOU HAVE THE POWER

Do you cringe every time you get your energy bill?

You are not alone. An increasing number of us are feeling the pinch thanks to rising living costs coupled with the pressures of running a modern household.

Luckily there are a number of tips you can try to keep your energy bills as low as possible. If you are a homeowner, renter or own a small business, EnergySmart South Australia provides lots of ways to reduce your energy bills at little or no cost.

You can learn to:

- Negotiate a better deal with energy retailers
- Reduce your lighting, heating, cooling and hot water costs
- Make your home or small business more energy efficient

EnergySmart South Australia, in partnership with John Dee, has released a free downloadable book called *The 10 Step Guide to Reducing Your Energy Bills* for people to use as a guide to help them reduce their costs.

To download a copy of this book visit: https://energysmartsaver.com.au/

Tips and tricks

Did you know that the quickest way for South Australians to save money on their energy bill is to switch to a better deal? This involves a quick call to energy retailers to see who'll offer you the best deal. To compare offers visit the EnergyMadeEasy.gov.au website or call them on 1300 585 165.

Before you call, make sure that you have copies of your bills for the past year.

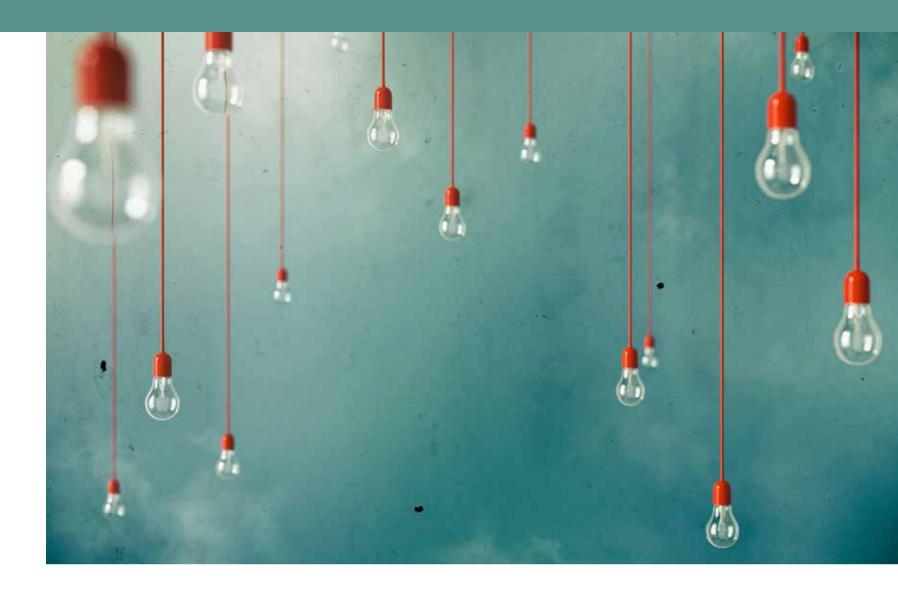
If you're not sure what questions to ask, download the 10-Step Guide which lists the key questions you should ask.

Did you know that larger energy retailers in South Australia are **required** to help you save energy? Many South Australian households and small to medium businesses can receive free or discounted energy efficiency activities from energy retailers that participate in the Retailer Energy Efficiency Scheme (REES). Types of activities include installing energy efficient lighting, or installing water efficient shower heads which help to save water heating costs. To find out more visit: www. sa.gov.au/energy/rees. The scheme runs until 31 December 2020.

The average household spends over \$250 a year on standby power. The best way to stop that is to switch appliances off at the wall. How many times have you walked into a building and found that it is too hot or too cold? When it comes to wasting energy, it's one of the most common mistakes people make. In summer, your thermostat should

10 steps to help reduce your energy bill

- 1 Negotiate a better energy deal
- 2 Switch off and save
- 3 Watch your thermostat
- 4 Cut your lighting bills
- 5 Get comfortable with insulation
- 6 Lower your heating and cooling costs
- 7 Cut your IT and home office costs
- 8 Reduce equipment energy costs
- 9 Reduce hot water costs
- 10 Save money with solar



be set between 24-27 degrees Celsius. If you set it at 27°, this means that cooling will only kick in when the temperature goes above 27°. In winter, your thermostat should be set between 18-21°. If you set it at 18°, your heating will switch on when the temperature goes below this. During winter, if you increase your thermostat by one degree, you increase your heating costs by up to 10 per cent. In summer, if you decrease your thermostat by one degree, you increase by up to 10 per cent.

Lighting can account for about 7 per cent of the energy used in your home. Fortunately, reducing your lighting bills is easy. By implementing the tips below, people can reduce their lighting energy use and running costs by up to 82 per cent.

Saving dollars can be as easy as:

- Turning off lights
- · Maximising the use of daylight
- · Switching to more energy efficient lighting
- · Removing lights from over-lit areas
- Installing skylights and light tubes

Insulation is more than what is in your roof. In fact, it involves anything that keeps the heat in in winter and excessive heat out during

summer. By properly insulating and draughtproofing your premises, you can reduce your heating and cooling bills by up to 40 per cent.

Here are some simple tips to fix or reduce draughts:

- Attach double-sided draught excluders or door seals to the base of your doors. These are easy to install and far more effective than a 'door snake'. You can find them at your local hardware store.
- Use window blinds or well-fitted thermallybacked curtains with a pelmet above them
- · Seal gaps and cracks with filler and caulk
- · Fit weather sealing strips to windows
- · Put rugs on wooden floorboards

Saving money in your kitchen. While these tips may seem silly, they help reduce your energy costs:

- Where possible, use a smaller appliance instead of a large one
- Microwaves cook quickly and use about 75 per cent less energy than ovens and cooktops and don't heat up your kitchen in summer like an oven can!
- Thaw frozen food out in the fridge instead of defrosting it in the microwave
- · Don't pre-heat the oven unnecessarily
- · When using a kettle, only boil the water

that you're going to use. When you boil a whole kettle full of water for one cup of tea, you're wasting a lot of energy.

When you wash clothes in cold water instead of hot water you reduce your energy costs by up to 90 per cent per wash. It's an easy way to save a lot of money and front loaders use about half the water of top loaders.

Every extra star on a clothes dryer reduces running costs by about 15 per cent.

Drying linen and clothing on a clothes line costs nothing. In winter, reduce your drying costs by giving the clothes an extra spin in the washing machine and then hang them outside. If they're still damp, just finish drying them in the dryer for 15 minutes or in the warm house.

Heating water accounts for 23 per cent of the energy used in the average home. Reducing your use of hot water is a good way to save money. Take shorter showers, wash clothes in cold water and only heat the amount of water you need to cook or for a cup of tea.

Salisbury

INVEST & entre REDEVELOP

A GREAT PLACE to ...



Strong Investor Confidence ...

Parabanks Shopping Centre

\$18 million extension and renovation program saw the addition of the Eastern Mall creating larger floor space areas for Priceline Pharmacy, The Reject Shop, Beyond Bank and Bendigo bank, as well as bringing Coles into the shopping centre.

"Parabanks is committed to the local community and through the confident redevelopment and expansion of the centre, it has seen an increase in consumer sentiment & provides the opportunity for home-grown businesses to continue to grow." Melinda Fremlin, Centre Manager





The Salisbury Hotel

\$3 million building and refurbishment program of this iconic Salisbury landmark including re-creating the Assembly Room (a feature of the original Hotel), The Patio, Jacks Bar, gaming room, car parking and more.

"We wanted to bring this iconic site back to its former glory and to recreate a family friendly environment to attract people". Donna Baker, General Manager

Independent Institute of Food Processing

A total investment of \$2.5 million has realised the Agrifood Skill Centre & commercial training Cafe development - \$1.2 million and Business & Career Hub at 91 John Street, extension & partial refurbishment - \$1.3 million.

"Our development is perfectly situated in a unique, cosmopolitan main street right in the heart of the food bowl, with access to great public transport options." Stephan and Susan Knoll, Directors





Hoyts Complex incorporating Hoyts Salisbury Cinemas

\$3 million, 8 cinema refit with recliner seating, new sound and screens and refurbishment of building façade and other capital works.

"Salisbury was identified as the first Hoyts Cinema in SA to receive this amazing refit, and the property owner was keen to undertake complementary works to the site to complement our investment". Hoyts Cinemas

Salisbury House Medical and Dental Centre

\$4 million investment that transformed the previous site into a thriving medical, dental and allied health practice.

"We felt Salisbury City Centre has a great future and needed a comprehensive medical and dental centre with all the facilities under one roof". Dr Rajnish Garg, Director



+ a range of other businesses including Raine and Horne, National Dental Care, MyCar, F45 Fitness, Good Prospects Speech Pathology have made renovations to, or upgraded, their premises and we see Aldi building a new supermarket on Park Terrace. These paired with low vacancy rates show many positive signs for the Salisbury City Centre over the years to come.

BUY & RUN A BUSINESS Great Growth Potential

- Namaste Supermarket (Parabanks) relocation, expansion and addition of a Nepali Restaurant, jeweller and money transfer office
- PLUSCO Homewares opened a new store in John Street seeing the opportunities Salisbury offered
- Exhaust Plus/EP Performance Park Terrace love Salisbury so much, they bought the 3-tenancy building they were located

The BENEFITS of being in the Salisbury City Centre:

- Membership of the Salisbury Business Association Inc. Great access Public transport rail and bus hub on our doorstep
- Precinct wide marketing Great events and space activation The City of Salisbury is a SMALL BUSINESS FRIENDLY Council
- And much, much more ...







WORDS Erica Visser

CARVING NEW SKILLS & FRIENDSHIPS

In 2012 doctors told Larry Pearson he would never walk again after he suffered a heart attack while driving and crashed into a tree resulting in an acquired brain injury.

But for Larry, persistence is second nature and the former carpenter has since regained his mobility and confidence – a successful feat he attributes to the support of his devoted wife as well as The Shed in Edinburgh where he spends four days per week.

The Shed welcomes people 18 to 65 years who are living with a disability, is open Monday to Thursday from 9am to 3pm and is led by coordinator Craig Oswald.

"Most mornings my wife says, 'Go on down to The Shed!' I love the opportunity to get out of the house and socialise with the members here," said Larry.

"It's a supportive environment here where we can talk or even joke about our accidents in a way that we aren't comfortable doing in other places."

"Craig is an absolute marvel and while my background is in carpentry, he has helped me improve my safety practices and is a good support to all of the members here."

While many of the members have backgrounds working in building trades, for others such as Harry Jansink, who attends The Shed every Tuesday, woodwork machinery was a foreign concept.

He prefers to use The Sheds' computers and socialise with the other attendees over a cuppa.

"I worked as a nurse for more than 30 years when I was diagnosed with a brain tumour," said Harry.

"Sometimes, people seem to write you off when you've got a brain injury so it's great to know this space exists where I can chat with some of the blokes."

Fellow member Keith Annette built a career out of hard physical work at local abattoirs and still enjoys putting his practical skills to the test.

"I'm making a wooden step for my dog. Craig has taught us that before we start working, we need to sit down and draw up plans so we come in prepared."

"My skills have definitely improved."

Craig, who has worked at The Shed since it was launched in 2001, said the venue offered a place to socialise, learn new skills and get out of the house while providing respite for the partners and carers of people living with a mental disability such as an acquired brain injury or intellectual impairment.





"It's incredible. A lot of the people who attend think they've lost all of their previous knowledge and skills and then they find it starts coming back out again," Craig said.

"One guy, when he first came out, he was young and angry. We tried to give him some positive direction and now he's doing great and teaches Canoe for Kids on the Murray (River)."

The Shed offers arts and crafts, social interaction, basic computer training, metal work, games and lunch outings.

Enquiries to Craig on:
8255 4201
or email
has@salisbury.sa.gov.au

WORDS Mike Richards

DOING BUSINESS



Working with you to build your business.

Did you know the City of Salisbury has provided its business community with advisory services since 2001?

Initially this was via the Salisbury Business and Export Centre, before a name change in 2009 to the Polaris Business and Innovation

Centre. Polaris provides business information and advice to those people who want to start, grow or strengthen their businesses.

Polaris offers affordable and accessible services including one to one business advisory meetings, regular Business Basics, Business Essentials, Marketing and Digital Business workshops. These workshops are supported with flexible tailored mentoring programs so the information provided can be tailored specifically for the business' needs.

Polaris also provides networking events where our business community can come

together, share experiences and learn from each other. Our quarterly Women in Business and Wednesday Wind Down events provide these opportunities. We also bring in other business experts to provide workshops and mentoring.

We offer a specialist digital advisory service from experts in this area who have owned and run their own businesses for many years. Whether you are starting or growing your business, we offer a range of services to give you the skills and confidence to build your business online. We'll help you make the right decisions to create an effective online

MAJOR ENTREPRENEURIAL NETWORKING EVENT 27 APRIL 2020



The Polaris Centre is hosting presentations by entrepreneurs Matthew Michalewicz and Vinh Giang, two highly successful and very inspirational speakers providing lessons learnt on innovation, business growth and entrepreneurial success.

Matthew is the Managing Director of Complexica, a leading provider of Artificial

Intelligence software applications that can optimise sales, marketing, and supply chain decisions and winner of the 2018 Australian Innovation of the Year. From 2005 to 2012 Matthew was co-founder and CEO of SolveIT Software, a business he grew from zero to almost 180 employees and \$20 million in revenue.

Vinh Giang is an International Keynote Speaker, originally from the Salisbury area, providing motivational/ inspirational speeches using magic as his metaphor. Along his journey as an entrepreneur he has learnt so many lessons that have dramatically changed his life and business. He has built a successful online business that teaches magic to over 41,000 students from all over the world. He won South Australian young entrepreneur of the year in 2013.

Both Vinh and Matthew will provide insights into their entrepreneurial journeys including the highs and lows and the challenges that they have had to overcome.

The event will be held at the Conference Centre, Innovation House, Technology Park, Mawson Lakes on Monday 27 April 2020. Register through the Polaris website www.polariscentre.com.au. presence and then work with you to grow it along with your business. Contact the Polaris Centre to make a time to connect with our Business Advisor (Digital), Mark Nemtas.

Over 500 individual businesses each year across all industries tap into the support and advice provided by Polaris across a broad range of business topics. We provide mentoring to over 40 businesses each year.

Contact one of the Polaris Centre team on 08 8260 8205:

- Mike Richards
 Co-ordinator Business Services
- Rob Chisholm

 Business Development Officer
- Mark Nemtsas
 Business Advisor (Digital)
- Janet Wootton

 Project Officer

WHAT'S ON

Some of the events scheduled by Polaris are as follows:

23 April 2020 **Build Your Business** workshop

27 April 2020 Entrepreneur Magic

6 May 2020 **Export ready** awareness event

20 May 2020 **Business Essentials** workshop

26 May 2020 Free Digital Business Advisory sessions

27 May 2020 Free Business Advisory sessions

10 June 2020 Women in Business

Bookings are essential.
Register and check times and venues through our website:
www.polariscentre.com.au
or follow us on Facebook
@ThePolarisCentre

POLARIS CLIENT

Olde Style Roofing & Guttering



Established in 1989, Salisbury based Olde Style Roofing & Guttering has grown to become one of Adelaide's finest roof plumbing specialists. Founder Darren Fraser has carefully steered his company into a multi-faceted, trusted business offering quality craftsmanship, exceptional value for money, years of experience and expertise in home roof plumbing. They specialise in heritage reroofing, often engaged by the State Government to consult and perform major heritage projects. Their skills and experience are widely recognised by heritage architects, builders and home owners alike.

As an example of their work, Olde Style Roofing & Guttering has recently replaced the State Government and local council heritage listed Christ Church roof at 35 Palmer Place, North Adelaide. The Anglican Church was constructed in 1848 and is older than St Peters Cathedral. Olde Style Roofing & Guttering is removing all the old roofing and guttering and replacing it with traditional roofing, full nine metre length sheets and traditional guttering with soldered rainheads and downpipes. Restoration is also being carried out on the centre fleche. The business has also undertaken other heritage projects such as reroofing the historic Angaston Railway Station.

Olde Style Roofing joined the Polaris Mentoring for Success program early in 2019. Darren said that "Polaris has been instrumental in helping the business grow and scale."

CLIENT CASE STUDY

iPetz

iPetz is a leading manufacturer, supplier and distributor of all pet accessories and snakes for Australia. iPetz has been operating for 25 years, moving to larger fit for purpose premises at Direk around 6 years ago. Polaris Centre has provided assistance for iPetz to help find someone to rebuild their website. Tim Mensforth, iPetz company director, said "The Polaris team has been knowledgeable, helpful, understanding what we need and always being responsive. We have had website



providers before but weren't happy. After meeting with Polaris, we were able to go forward with confidence to select a new website provider."

STUDENTS' BRIGHT IDEA SCORES AWARD

Salisbury North R-7 Primary School is celebrating the achievements of a team of students who won first prize in a state-wide STEM competition.



The team, comprised of students from Years 5, 6 and 7, came first in the STEMSEL TEAM SMART FARM category, as part of the Aboriginal Youth Inventors Program held last September.

The group first attended a workshop at Lake Windermere B-7 School, where they

learnt about programming STEMSEL (Science Technology Engineering Maths Social Enterprise Learning) kits.

STEMSEL is designed to be a fun, hands-on problem-solving experience, relevant to the students learning in schools.



At the workshop, the students decided to create a Smart Light Dimmer for their school's greenhouse, by programming the light to turn on automatically when dark, to optimise the growth of its plants. It allows the school's plants to receive more light and help growth over time.

At the end of the workshop, the students presented their invention before a panel of three STEM Specialist judges from around Australia. They named the Salisbury North R-7 students as joint winners on the day.

The students, Alan, Mathew, Caiden, Talieya, Malchante, Nicole, Liam and Izaiah, were then invited to present their project at the state-wide competition at the Royal Adelaide Show.

It involved a four-minute presentation to a panel of judges focusing on how their invention worked and the social enterprise benefits, with the team awarded first prize in its category.

The winning project is now on display in the school's Nunga room for families to visit and celebrate the students' hard work.

CELEBRATING OUR YOUTH

The Northern Youth Week
Festival will showcase
the talent and diversity of
Salisbury's young people
and will be a highlight of
the region's SA Youth Week
celebrations.

Featuring market stalls, entertaining music and dance performances, food trucks and a free movie screening, the festivities kick off at the Salisbury Civic Plaza/ Inparrinthi Kumangka, on Saturday, April 18, from 2pm.

R&B singer/songwriter Elsy Wameyo will perform from 4.30pm.

Elsy Wameyo is an energetic performer with a soulful and powerful voice and was awarded Best Hip-Hop artist at the 2019 South Australian Music Awards.

Other activities including mini golf, art, giant games and henna tattoos will also be offered to visitors from 2.30-5pm.

Pokemon Detective Pikachu will be shown at the John Harvey Community Hall, from 6-8pm.

Young people are involved in the planning and delivery of the free event, which is supported by the City of Salisbury through Twelve25 Salisbury Youth Enterprise Centre, Salisbury Youth Council and the Morella Community Centre - Building Thriving Intercultural Communities.

Nineteen-year-old Monu Chamlagai, of Salisbury, is helping coordinate the Festival.

"I did it last year and it was so much fun, I felt really good after as it was such a successful



event, and I wanted to be part of it again," she said.

Young people make up almost 20 per cent of the City of Salisbury's population, making SA Youth Week an ideal opportunity to highlight and recognise the contribution of young people to the local community.

Monu, who was recently named the City of Salisbury's Australia Day Young Citizen of the Year, became involved through her volunteer work with the Salisbury Youth Council, where she serves as deputy chair.

"It is important to have youth involvement in the planning to give the youth perspective and ideas," the University of Adelaide student said. "We hope it will also introduce young people to the Hub as a place to come and explore – as it's a great place for all of the community to use."

SA Youth Week runs from 17 - 26 April and is the one of the largest events held to recognise SA young people. It is designed to provide opportunities for young people to perform, display and market their creative outputs.

Contact Kate Kitching on:

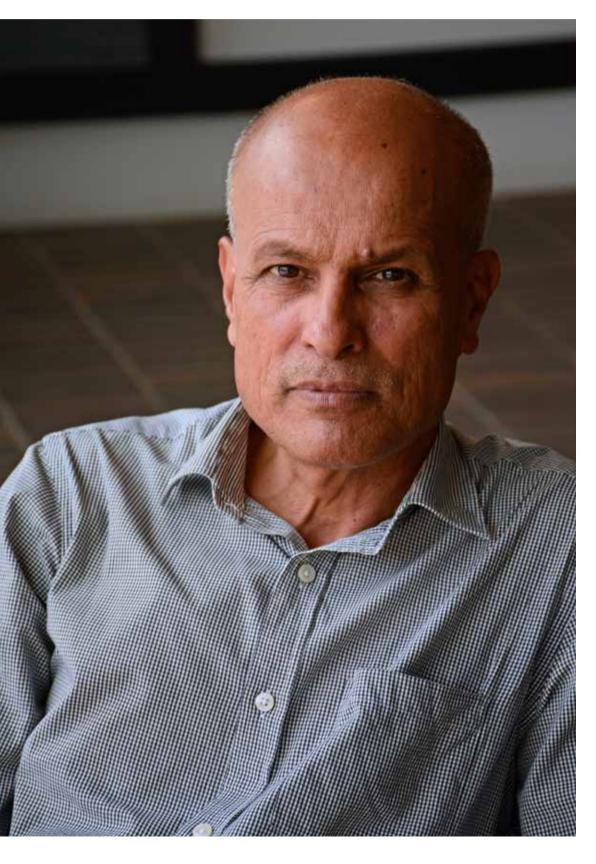
8406 8555

or email

kkitching@salisbury.sa.gov.au

Facebook for updates on the event:
/youthinsalisbury

CONNECTING OUR CONNECTING OUR CONNECTING OUR



Volunteering at Morella Community Centre allows Hari Chhetri to meet new people and give back to the community that is now his home.

The former Bhutan citizen began volunteering at the centre, in Parafield Gardens, six months after arriving in Australia in 2018 to build additional skills, knowledge and experience that would benefit him in his search for employment.

The highly skilled father of two, who previously held foreign service posts in New York, Kuwait and New Delhi for the Royal Government of Bhutan, was forced to flee his country in 1992 and lived in exile in Kathmandu for 26 years, before settling in Salisbury.

Hari, 62 says despite the upheaval he's experienced in his life, he's grateful to be now living in Salisbury and involved in the local community.

"Volunteering gives me the opportunity to meet people, interact with them and establish contacts and have fun at the same time," he said.

"I find it a very rewarding experience which I will keep doing until I find a job, to give back to the people who have been so welcoming of us."

Hari, who volunteers approximately 30 hours each fortnight at Morella and the Jack Young Centre, says he's involved in a range of tasks including interpreting, answering calls, data entry and working at reception.

"The variety gives me an insight into what the council does, how it delivers its programs and helps the community."

Hari encouraged residents to visit their local community centre, because of the diverse range of programs and activities on offer.

The Kings Road centre, adjacent The Gardens Recreation Centre, is supported by the City of Salisbury.

It offers a range of Adult Community
Education classes, personal interest programs
and community development activities to
the local and surrounding communities.
Numerous community groups also deliver
their programs from the centre.

Weekly activities include English classes, Pathways to Children's Services, communication programs, resume support and various job search programs, gentle exercise, yoga, walking group, garden social group, shared community lunches and more.

The centre is currently undertaking a significant needs analysis project and is keen to hear from community members who have ideas for future programming and other activities.

Anyone who has time to offer is welcome to apply to be involved with volunteering in the community.

For more information contact: **8406 8484**or email

reception@morella.org.au

Morella Community Centre 90 Kings Road Parafield Gardens

What's on at Pooraka?

Pooraka Farm Community Centre has launched a full program of activities on Saturdays to increase accessibility to local residents.

The Centre, formerly Pooraka Farm
Neighbourhood House, is situated on
Montague Farm Estate, on the corner of
Henderson Ave and Montague Rd.

In response to demand from residents unable to access the centre during weekdays, the centre now opens Saturday mornings from 9am- 1pm, hosting a variety of groups offering a range of activities and programs.

Advanced Literacy English, Book Club, Creative Space and a support group for teens with chronic illnesses are among the activities on the Saturday program.

The Centre, which also runs numerous other programs and groups throughout the week, including health and wellbeing classes, computing and adult literacy programs, playgroup and creche, is supported by the City of Salisbury.

Every Saturday, excluding school holidays, the centre offers Advanced Literary English, a specialised program for learners who want to excel in their communication and writing skills, with the aim of improving English proficiency for study and work.

On the first Saturday of the month a book discussion group meets to discuss a selected book and express their opinions.

Every second and fourth Saturday, residents can visit the centre's Creative Space, to join with other creative people in a relaxed, casual setting.

On the third Saturday of the month, the Youth Spoonies group meets, which aims to connect and support young people aged 12 to 25 who have an illness which is not visible.

The group was created to cater for Dysautonomia, Postural Orthostatic Tachycardia Syndrome (POTS), Ehlers Danlos Syndrome, Mast Cell Activation Syndrome, Chronic Fatigue Syndrome, Fibromyalgia and related conditions. Accessible toilets are available.

The group was the idea of two sisters, Mackenzie, 17 and Elizabeth, 15 who have POTS and Fibromyalgia.

The girls' mother, Zoe Gow, said the group was an opportunity to get together with others who share similar challenges, as well as an outlet to socialise with other young people.

"Lots of kids with these illnesses are home schooled or attend school in a restricted capacity so its very important for them to connect with kids their own age," Zoe said.

"It's a chance to sit and speak about what is going on in your life, the group is very inclusive."

She encouraged interested people to join, as she had watched current participants benefit greatly from their involvement.

"It's been really lovely to watch how a couple of kids have become more open and become better advocates for themselves," she said.

The Centre is within easy walking distance from Main North Rd, is close to Mawson Lakes and is also accessible by several bus routes nearby.

Pooraka Farm Community Centre, 126 Henderson Avenue, Pooraka.

Contact 8406 8488 or go to pssc@salisburysa.com

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To access any one of these services, call SCOAP Inc. on M: 0487 993 931

Appointments for loans and emergency relief are necessary. We look forward to continuing to support you well into the future.







NORTHERN RESPITE

Northern Respite Care is a Low Cost provider offering three programs for care recipients living in the northern suburbs of Adelaide. One on One home visits, a Friday Ladies' outing group and a Wednesday Men's outing group.

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Looking to make a difference? Volunteer in this amazing program - we can help you to help others!



Minimal Weekly Cost – Current session activity fee is \$5.00 for each of our Programs.

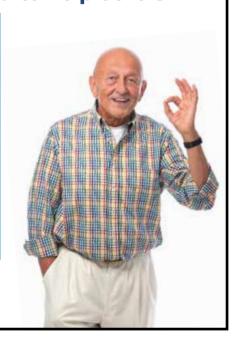
Local Community Based – Easy pickup because our drivers live locally and know the areas.

Client Input – Regular reviews with the Manager and an opportunity to have input into the Program.

Contact – Opportunity to speak with the Manager at any time about your concerns or suggestions.

NRCS is auspiced through the Lyell McEwin Volunteers Association and is supported by The Australian Government Department of Health. Visit the department's website (www.health.com.au) for more information.

For further information and to assess your needs or to Volunteer with us, please contact: The Program Manager 8182 9651 or 0411 117 323 or peter.hall5@sa.gov.au



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Australia Day Celebrations







Legends Awards















CFS Fundraiser



WORDS Erica Visser

TAKING THE STEPS TO BETTER HEALTH



It may be simple, but the health benefits of placing one foot in front of the other are widely documented.

Just ask 80-year-old Bruce, who attributes walking to his good physical and mental health.

"As you can see, I'm no spring chicken. I had a heart problem in 1998 and I had a stent put in, but I couldn't just sit at home and do nothing," Bruce said.

"Everybody needs something and walking is great physical exercise, plus doing it with others is great company and gives you the opportunity to be involved in something that connects you to the community."

Bruce is a member of two Heart Foundation walking groups – one of which runs out of the Morella Community Centre at Parafield Gardens on Wednesday mornings, and another from 9.15am on Fridays started at the Jack Young Centre (JYC) in Salisbury.

The grandfather recently celebrated his 300th walk – and he has the pace to show as a result, striding alongside younger members with ease as the group in red t-shirts traces the Little Para River, the path sheltered by gums

It's Friday morning and today Bruce shepherds the back of the JYC group while his coorganiser, Anne Davies, heads the front.

Anne describes herself as a "self-retired retiree who enjoys getting out and grabbing some fresh air."

"When I first started with the group, five years ago, it was just for the walk but we come back to have a chat and socialise too," she said

"It's very relaxed. Sometimes we have 18

people come along, sometimes it's more like eight.

"We've got people in their eighties down to young mothers with six-month-old babies."

When Gulfview Heights resident Cora Mellor found herself working four days per week, she decided to spend her day off – Friday – with the JYC group.

"I have a bad back problem and I know that walking is good for it," Cora said.

"We keep going, even over Christmas break for some of us. It's free and it's fun."

Enjoy some solitude

While walking buddies can help prolong motivation, there is plenty to be said for going solo in exploring the trails the city has to offer

The Little Para Trail covers 16.5km of ground and offers numerous options to customise your walk. Follow the river's edge featuring varieties of eucalyptus woodland and native golden wattle.

Points where you can join the Trail include at the Carisbrooke Reserve on Main North Road, Salisbury Park, as well as opposite the Parabanks Shopping Centre carpark, and at Hausler Reserve (also known as Greentree Park), on the corner of Kings Road and Greentree Boulevard at Parafield Gardens.

The Dry Creek Trails are another option worth exploring – offering a network of trails which run west through the City of Salisbury region from Down Drive Valley View (close to Grand Junction Rd), through Walkley Heights, Pooraka and Mawson Lakes to Globe Derby, where it joins up with the Little Para River Trail.





There are also multiple picturesque trails within Cobbler Creek Recreation Park. Within the City of Salisbury region, the Cobbler Creek trail runs from Salisbury Heights within the Cobbler Creek corridor just below Bridge Road to Main North Road. It is also possible to follow trails within the Cobbler Creek conservation park that take you to roads within Salisbury Heights heading north where you can then link into the Little Para Trail.

More information on local trails may be found here:
http://www.salisbury.sa.gov.au
/Play/Walking_and_
Cycling_Trails

Interfaith blessing the biggest in the state



City of Salisbury was proud to host South Australia's largest ever interfaith blessing, featuring 30 participants from 16 different religions, late last year.

The interfaith blessing involved participants standing on stage together whilst an interfaith prayer was read out at the official opening of the Salisbury Community Hub.

The blessing was important in recognising the rich diversity of the Salisbury community and bringing together individuals from across a range of backgrounds.

Participants were recognised as being members of religions including Aboriginal spirituality, Seventh Day Adventist, Anglican, Bahai Faith, Baptist, Buddhism, Catholic, Christian, Greek Orthodox, Hindu, Islam, Pentecostal, Salvation Army, Sikh and Uniting Church.

Each group of representatives also provided an offering relevant to their religion – including copies of a Christian bible and the Quran, Buddhist and Hindu scriptures, a crucifix, artwork, candles and even a gold Islamic plate set.

Mayor Gillian Aldridge OAM accepted each offering on stage in front of hundreds of community members at the Salisbury Civic Plaza/ Inparrinthi Kumangka.

"Salisbury is one of the greatest cultural melting pots in South Australia – an attribute we are proud of and celebrate," Mayor Aldridge said.

"The symbolism of bringing together a number of our community members with different backgrounds is perfectly reflective of what makes our community great."

Salisbury Uniting Church Minister Nick Patselis said he felt honoured to take part in the event.

"The thing I loved most about the blessing was afterwards being able to talk to different community members that I often wouldn't have the chance to," Mr Patselis said.

"The fact that we can walk along side to side is very special."

YOUHEAR

YOUHEAR is offering a Free upgrade to miniature hearing aids for eligible Pensioners and Veterans.

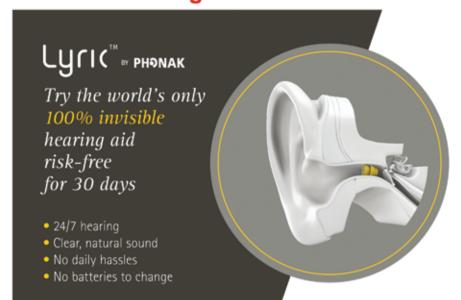
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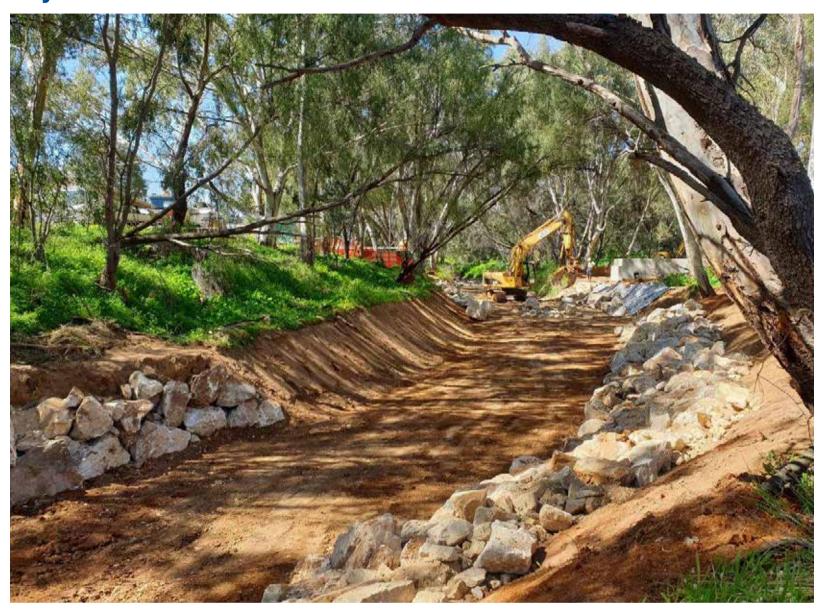
A member of Adelaide Christian Schools – A ministry of Adelaide Christian Centre

www.tcc.sa.edu.au

CITY WORKS



Dry Creek remediation and erosion control works





Remediation and erosion control works have been undertaken along a section of Dry Creek heading east from Main North Rd. The work includes cleaning all debris out of the creek bed, providing erosion control in the form of rock lining the edges and benching back the embankments to make them safer. A new bridge was also installed.

School crossing - Salisbury

To improve the safety of pedestrians and drivers at St Augustine's Parish School a new school crossing was installed on Carey Street and a new footpath was constructed on Kelly Terrace.





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CONVERSATIONS ON SOCIAL MEDIA

@cityofsalisbury

@cityofsalisbury



At the City of Salisbury we keep in touch with the community via a range of methods, including social media. Facebook, Instagram and Twitter which are used to communicate with residents and visitors, promote Council's initiatives, receive feedback and to primarily keep residents up-to-date and informed.



City of Salisbury | Road resurfacing Recycled tyres and plastic waste are being saved from landfill to be used within local roads as part of a new trial between City of Salisbury, NAWMA and Fulton Hogan. The recycled plastics will be sourced from yellow bins and blended into asphalt grade bitumen to form a high-performing road surface.

Kerry Jachmann Fantastic work Salisbury

Cindy Furber-Gaskin Fantastic solution



Ash Bullen Great news.

Kym Dunbar Now this is a good idea.



cityofsalisbury @abcadelaide: Old gums, creek bed, elevated views, multiple birds, and nestled in suburbia. The Little Para River Trail is quite a walk! https:// walkingsa.org.au/walk/find-a-place-to-walk/littlepara-river-trail/ @DavidBevanSA @CityofSalisbury #hiking #walking

City of Salisbury | Adelaide Metro buses -Australian Manufacturing

The first of South Australia's new metro buses has rolled off the assembly line in Edinburgh Parks. Precision Buses in partnership with Scania were awarded a 10 year contract to deliver 340 buses.

Darrell Thompson Fantastic, local manufacturing, good news story!! Well done, all concerned!!



City of Salisbury | CFS Fundraiser An example of the strong sense of community spirit that often shines through in the face of tough times... A fundraiser held in the Salisbury Civic Plaza/ Inparrinthi Kumangka at the weekend raised almost \$4,800 towards the Salisbury Country Fire Service, which has spent the Christmas and New Year period fighting fires around the clock both in South Australia and interstate. Thanks to all participating parties including Salisbury Business Association, Jim Dandy, Bickford's Australia, RG "The home of low n slow" and Coffee Amigo. Generous donations were also received from Eagle Trailers and Campers and the local Cambodian community.

Keree Saint Great community effort.

Abo Manar Bachnak Proud of Salisbury council as usual.

Melinda Nankivell Fantastic!

Carol Scott Well done everyone!



City of Salisbury | Citizen of the Year Awards Congratulations to the City of Salisbury's Australia Day award recipients! Citizen of the Year Jim Zissopoulos, Young Citizen of the Year Monu Chamlagai, Senior Citizen of the Year Bunchhong Mann and award-winning community event, the Northern Community Family Fun Day. Each recipient is well-deserving and has contributed greatly to our community in different ways.

Leanne Macdonald Well done to you all. Keep up the amazing work. Salisbury people are the best, so passionate.



cityofsalisbury @thelifeof_mrs.t: We checked out the new Salisbury Library hub today and let's just say the kids didn't want to go home @@cityofsalisbury #cityofsalisbury #libraryhub #library #mumlife #kidsdayout #libraryfun



Salisbury Library Service | Games at the Hub *NEW GAMES AT THE HUB* We have just received some new games and board

games available for the public to use at any time! Games include UNO, Chess, Checkers, cards and puzzles.

Cathryn Galdwin Loving the community hub. The whole place is so relaxing and welcoming. My daughter is looking forward to doing one of the community puzzles next time we are in.

Margaret Ann Caretti Must check it out.



cityofsalisbury @SandyHorne61: Impressive awardwinning housing development at @CityofSalisbury demonstrates how local governments can be 'hands-on' in the supply of affordable housing. @ localgovhousing @beer4_beer @unisaresearch



The national award-winning development team at City of Salisbury is working hard to bring you a brand new land project, plus a collection of turnkey homes at Boardwalk at Greentree... coming soon!

We can't give too much away, but it's shaping up to be a big year! We will be releasing new land in Para Hills, plus a brand new collection of turnkey homes in Paralowie's favourite address, Boardwalk at Greentree.

Stay informed by registering your interest at salisburyliving.com.au.







To learn more about our current projects, please contact our Sales Agent at Connekt on 1300 88 59 22 or boardwalk@connektup.com.au.

Visit salisburyliving.com.au to view our current and past projects.

