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We have well and truly entered the second half of 2021 and I'm feeling grateful for some of the wonderful accomplishments that have occurred so far.

This edition of Salisbury Aware is focused on highlighting a great range of those achievements from newly-installed public artworks, to the release of a rare butterfly at our celebrated Kaurna wetlands, to a local Indigenous marathon runner who has gone on to inspire others.

We also highlight some of Council's big ticket projects for this financial year including the Paddocks Masterplan, Burton Community Hub and John and Church Street Improvement Plan.

Recognising the valuable work of others within our community who go above and beyond is so important. Within this edition we delve into the special work of the Friends of the Pledger Wetlands – a voluntary group



Mayor Gillian Aldridge OAM

established 14 years ago to protect and enhance the wetlands.

We also celebrate the enormous contribution of our volunteers, who gave more than 32,500 hours of their time last financial year!

City of Salisbury marked National Volunteer Week back in May with many volunteers enjoying movie screenings facilitated by Council. Within this edition, we shine the spotlight on a young volunteer who is making a difference in the community.

You might also spot a familiar face or two as you flip through this magazine as we share some highlight snapshots captured in recent months at events across the city such as the opening of the Bridgestone Athletics Centre, Reconciliation in the North Morning tea and Salisbury Community Fun Day event.

I hope you enjoy reading this edition of Salisbury Aware and encourage you to get in touch if you have a story idea for future editions by emailing communications@salisbury.sa.gov.au.

In the meantime, stay safe and I hope to see you out and about!

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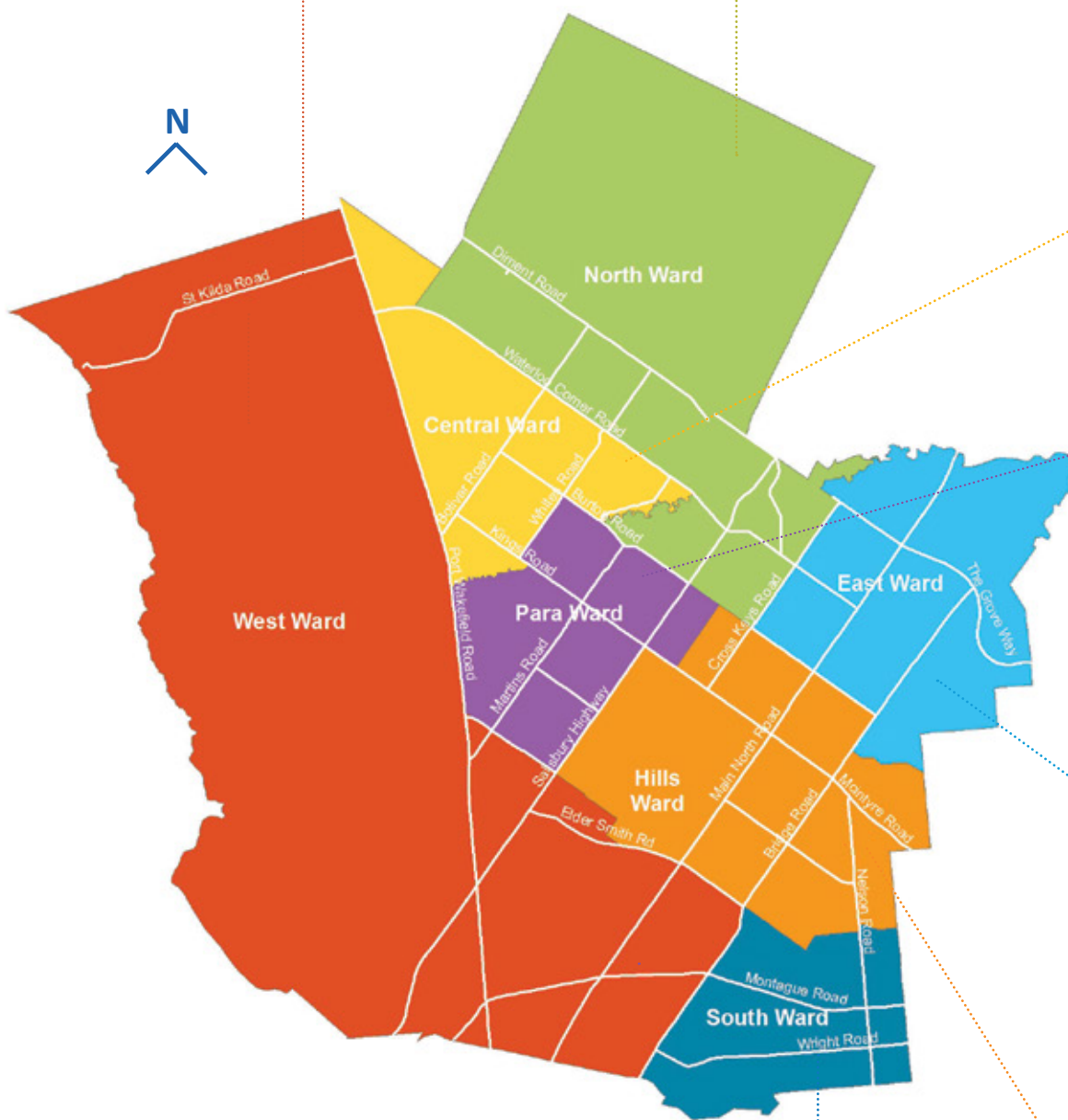
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WORDS Heather Kennett

CREATING EMPLOYMENT PATHWAYS

Para Vista's Aidan O'Brien says his City of Salisbury-supported barista training course is helping him become job ready.

The 18-year-old completed a subsidised half-day barista course at Salisbury's Twelve25 youth hub, after completing Year 12 at Valley View Secondary.

Twelve25 Salisbury Youth Enterprise Centre offers:

Practical support

- Resume/cover letter support
- Interview guidance and practice sessions
- Industry speakers to connect, inspire and motivate
- Ongoing social media campaign

Subsidised certificates and qualifications:

- White Card (compulsory construction training)
- Pool Lifeguard
- First Aid and CPR
- Working with Children Clearance
- Barista

Business start-up mentoring and support

- 10-week incubator program with industry mentors
- Motivational speakers and networking opportunities
- One-off business kick-starter sessions
- Co-working space

The barista training is one of several nationally accredited courses being delivered as part of a council-run program aimed at boosting the employment readiness of young people in the region.

City of Salisbury has recently secured further funding to offer 300 young people subsidised employment qualifications and business start-up support and mentorship.

"I did some hospitality work while I was at high school and I really enjoyed meeting and talking to people working in a friendly environment," Aidan says.

"I chose the barista course to try and build some skills and create pathways to employment.

"It was really good, the instructor was helpful and did a good job of explaining the process."

Aidan, who is currently studying at the University of SA, hopes to put his training into action when his university workload allows.

He recommended young people looking to broaden their skills to consider undertaking a course.

"It's a really good skill to have," Aidan says. Salisbury's Twelve25 Youth Enterprise Centre delivers a range of employment and enterprise-focused programs to support young people find employment and lead an independent life.



Para Vista's Aidan O'Brien has latte art down pat thanks to his barista training course.

The youth qualifications program offers Barista and White Card (compulsory construction training) courses, nationally accredited Pool Lifeguard and First Aid training and a Working with Children Clearance.

Salisbury Mayor Gillian Aldridge OAM said Council was pleased to provide opportunities for young people to access training programs and build new skills.

"Now, more than ever, young people need a pathway and support to gain employment," Mayor Aldridge said.

WORDS Heather Kennett

NURTURING IN MAWSON LAKES

Pledger Wetlands is among Salisbury's little known wonders.

A tucked-away park in Mawson Lakes, the wetlands is one of Salisbury's "hidden gems", thanks to a 14-year transformation by a dedicated group of volunteers.

The Friends of the Pledger Wetlands, which was awarded a City of Salisbury Australia Day Award this year, is comprised of about 20 active volunteers who have nurtured a sparsely vegetated 10 ha wetland into a lush landscape brimming with bird life and an array of native plants.

"It's a hidden gem, it's not a place you just come across," says Colin Taylor of the area, which features an easy-to-navigate 2km walking track beginning at the end of Egret Street.

The Friends group first became active in 2013, after members of the six-year-old Mawson Lakes Environment Watch decided to make the wetlands its main focus, following consultation with Brian Pledger, a City of Salisbury Biodiversity Officer.

Formerly known as the Railway Wetlands, its trails were often impassable because of mud washing down the sloping banks after rainfall.

"It was originally overgrown with weeds and needed some tender loving care," Colin recalls.

Springtime is one of his favourite seasons in the wetlands and Colin encouraged residents to come and visit the area in the coming months.

"This is the time to see most of the flowering plants," he recommends.

Council provided plants, equipment and supplies, while also undertaking tasks such as track maintenance when required.

"There are 70 different bird species in and around the Pledger Wetlands, so there's always birdlife to watch," the retiree says.

"Waterbirds are the main ones we see and when the water level drops you can see lots of pelicans because it's easy fishing for them.

"We also see herons, egrets, the spoonbill as well as ducks."

Colin spends an average of five hours per week at the wetlands pulling weeds, mulching or digging holes for the next planting season and also helping coordinate a monthly activity day held on the last Sunday of the month.

"There are things to do during the week and each month we have a get together to work and socialise, followed by a coffee and a biscuit together," the married father said.

"It gives you exercise, gives you purpose and you are outside in nature.

"Another of the positives when you are down there is the people who compliment you on what you are doing."



NATURE



The Friends of the Pledger Wetlands Group has around 20 active members. Brian Pledger, a City of Salisbury Biodiversity Officer, was instrumental in the development of Mawson Lakes Environment Watch. After Brian was tragically killed in a road accident in 2012 the group asked City of Salisbury to rename area to be the Pledger Wetlands in his memory.

Another Mawson Lakes resident, Sharon O'Connell, joined the group six months ago and says volunteering with the group has brought many benefits.

"It's a lovely group of people, they are all very welcoming," she says.

It is also deepening her connection to the local community because she is getting to know more of the area's residents.

"It's a lovely outlet, an opportunity to enjoy the outdoors, the birds, ducks and the wetlands," Sharon said.

Did you know?

The Pledger Wetlands are located in Mawson Lakes.

The 2km (mainly flat) walking track can be entered at various different points, however the beginning is found at the end of Egret St.

To extend your walk, continue from the Wetland Trail onto the Dry Creek Trail as you near the Mawson Lakes Transport Interchange.

WORDS Erica Visser

PROJECTS PROGRESS



A section of the new playground at Salisbury Oval.

Council delivers tens of millions of dollars of infrastructure projects across the city each year.

These are all aimed at enhancing Salisbury as a progressive, sustainable and connected community.

Check out a few of the projects we have recently been focused on below.

Project: Salisbury Oval – Brown Terrace Redevelopment

Location: Salisbury

This is a long-awaited project which includes the construction of universal access playground including a play tower with tube slide, flying fox, swings, seesaw, carousel, trampoline, sandpit, rock climbing wall and nature play elements. It also entails the creation of a multiuse sports court, fitness equipment, upgraded toilet facilities, barbecue and picnic settings. As part of the project, irrigation is being

upgraded to the Neales Green open space and parallel parking is being installed along Brown Terrace.

Project: Jenkins to Carisbrooke Trail

Location: Salisbury Park

The creation of a 1.5km shared-use path will link the popular Jenkins Dog Park to Carisbrooke Oval.

The three metre-wide path is being constructed from recycled glass materials sourced through the Northern Adelaide Waste Management Authority (NAWMA), which will save money and environmental waste. The new path takes users past a newly planted native forest, which aims to enhance the natural open space along the Little Para River with the addition of 10,000 native species ranging from trees and shrubs to grasses and groundcovers.

Project: Brahma Lodge Football & Cricket Club/ Macedonian Soccer Club upgrade

Location: Brahma Lodge

This sporting club home received a fresh renovation with new facilities including:

- Spectator areas
- An extension of the main clubroom
- Change rooms, refurbished toilets and disability access and shower facilities
- Upgraded bar and kitchen facilities with integrated cool rooms to allow for greater energy efficiency, as well as LED lighting and fresh flooring
- A dedicated outdoor barbecue area

Project: Manor Farm Oval: Para Hills West Soccer Club upgrade

Location: Salisbury East

The club's main building was extended earlier this year to include additional change rooms with female-friendly options, bar and kitchen facilities, toilets, increased outdoor spectator areas, drainage works and indoor and outdoor painting.

UPCOMING WORKS

Project: Unity Park

Location: Pooraka

An extension of the Cross Keys BMX Club will allow for purpose-built change rooms, new toilets including a disability access facility, a dedicated medical room, new bar and kitchen areas and a storage shed. Increased spectator areas will also be created and LED lighting upgrades will be installed.

Project: Para Hills Tennis Club

Location: Para Hills

This upgrade will feature a new storage facility, upgraded toilets and addition of a disabled toilet, first aid room and new veranda and paved area for spectators.

Playground upgrades

An ongoing program of playground upgrades ensures the standard of these spaces is continually improved to allow for greater community use – and a more enjoyable time for local families!

Below are some projects scheduled for the coming months.

Salisbury Downs Playground

Location: Salisbury Downs

Upgrade features:

- Shade structure
- Solid pod swing
- Seated carousel
- Climbing cube
- Rubber soft fall

Canterbury Drive Playground

Location: Salisbury Heights

Upgrade features:

- Upgrade to existing shade structure and play space
- New 4m activity nets
- In-ground trampoline
- Solid pod swing
- Drink fountain with sensor
- Six station fitness circuit for all ages
- Three station fitness circuit
- Solar picnic setting
- Drink fountain with dog bowl at dog park
- Paved connective paths and pram ramps

Dunkley Green Playground

Location: Valley View

Upgrade features:

- Connecting and accessible paths
- Half basketball court
- BMX pump track
- Picnic setting and shelter
- Toddler play equipment
- Climbing cube
- In-ground trampoline
- Talking tubes
- Double solid base swing

Baltimore Reserve & Small Dog Park

Location: Parafield Gardens

Upgrade features:

- Connective paths and fencing for dog park
- Two solar picnic settings
- Drink fountain with dog bowl
- Skate park modules
- Three station fitness equipment

Orinoco Street Playground

Location: Paralowie

Upgrade features:

- Shade structure
- Multi-play equipment
- Solid base pod swing
- Rubber soft fall

Bromley Green Playground

Location: Ingle Farm

Upgrade features:

- Shade structure
- Large multi-play equipment
- Talking tubes
- Rubber soft fall

Carlyle Reserve Playground

Location: Pooraka

Upgrade features:

- Shelter over picnic area
- Seated carousel
- Accessible rocker
- Six-metre track rider (flying fox)
- Rubber soft fall





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WORDS Heather Kennett

ACCELERATING OPPORTUNITIES FOR YOUTH

A City of Salisbury-supported driving program assisting young people to obtain their driver's licence, thereby reducing barriers to finding employment, is calling for new participants.

Wheels in Motion is a mentor driving program helping young people aged 16-25 to complete their probationary driver's licence obligations.

About 490 young people have benefited from the council program since its inception in 2010.

Participants are supported by volunteer mentors who assist them to accrue their driving hours and improve their driving skills. About 30 classes are delivered each week.

The program is available to young people who would otherwise be unable to qualify for their probationary licence, by giving participants access to low-cost driving mentors and allowing them to accumulate their driving hours and learn about road safety.

Paralowie's Chloe Gray recently attained her Ps, after beginning the 18-month program in 2020.

"It was really hard to get my hours with my parents working during the day," the 21-year-old university student says.

"It was also helpful to go out with someone other than my parents.

"The mentor drivers were really flexible and happy to take on board what I needed to practice and were really positive which helped with my confidence."



Paralowie's Chloe Gray recently passed her Ps test with a bit of help from the Wheels in Motion program.

Chloe, who is studying to become a teacher, says having her driver's licence has opened up employment opportunities providing relief classroom support at schools across the region.

"Having my licence has helped so much and given me more options for working, as without it I would have been restricted to accepting placements near my home," she says.

Wheels in Motion has one intake per year and applications for 2022 open on 27 September. A pilot partnership with Salisbury High School to deliver sessions directly to students during school hours is currently underway.

Wheels in Motion is made possible by program partner, Peter Page Hyundai. Driving sessions take place in a dedicated, modified learner driver vehicle. A new Wheels in Motion vehicle, a Hyundai i30, was delivered in July.

To be eligible the participants must meet the following criteria:

- Have their Learners' Licence
- Completed four lessons with an accredited driving instructor prior to applying
- Aged between 16 to 25
- Live within the City of Salisbury

Please note: This program is not a driving school and does not provide accredited driving instructors.

Visit the City of Salisbury website and search for Wheels in Motion for more information and complete the online application to see if you are eligible.

WORDS Heather Kennett

SIMPLE SEAS

ON THE MENU FOR MAGGIE BEER



Renowned cook Maggie Beer shared her philosophy for cooking nourishing food.

An Australian food icon has shared healthy food tips at a Salisbury event tailored to seniors.

One of Australia's most beloved cooks, Maggie Beer AM, shared her passion for good food and aim to improve the standard of food served in aged care homes at the 'Food, Flavours and Friendships - nourishment for a good life' event at Salisbury's Jack Young Centre in May.

The food icon was the special guest at the Council of the Ageing (COTA) SA Conversations with Salisbury Seniors event, alongside Professor John Coveney from Flinders University and COTA SA Chief Executive Jane Mussared.

The event encouraged participants to rediscover the benefits of cooking and become

more conscious about the food they consume, while promoting the joy and health benefits of sharing food with family and friends.

Maggie, who was named Senior Australian of the Year in 2010, urged the audience to surround themselves with fresh seasonal vegetables and fragrant herbs to stimulate senses and motivation to get back into the kitchen.

"Smells in the kitchen help to make you hungry," she told the audience of 80 people.

"I love to cook simple food featuring vegetables that are in season...if your senses are evoked it will inspire you to cook."

In 2014, Maggie turned her culinary prowess to the considerable task of dishing up better food for the elderly in aged care facilities, to improve the wellbeing of residents.

She says the Maggie Beer Foundation aimed to challenge the aged care industry to raise standards and create a food culture where its chefs were proud of the food they cook.

"Food can change the world, for pleasure and for your health, they go side by side," she says.

"Always, but never more than when we are older."

Flinders University Professor of Global Food, Culture and Health, John Coveney, spoke of his research which found eating together could be a powerful antidote to feeling lonely.

"I love to cook simple food featuring vegetables that are in season...if your senses are evoked it will inspire you to cook"

Maggie Beer

"Up to third of older Australians will experience loneliness at some time...which can carry the same risk factor as smoking 15 cigarettes a day," he said.

"People who eat with others are more likely to feel better about themselves and more likely to feel better about others."

The next event will be held in October.

Contact COTA SA and see how they can assist you to age well, by visiting: www.cotasa.org.au, phone 08 8232 0422 or email: cotasa@cotasa.org.au

ONAL FOOD

COTA SA's Jane Mussared urged older people to pay attention to how and what they were eating, as it was a strong contributor to quality of life.

"I've been tracking ageing for a really long time and apart from continuing to keep moving and physical exercise, the other big thing is to eat well and to focus on our food," she said.

"It is a different focus from when we were kids and as we are adults, our bodies have different needs, and it is fair to say as a community we have paid little attention to it."

COTA SA and the City of Salisbury have hosted these events since 2015 to connect with the region's older population and to better understand the issues affecting them. The events also enable Council to gather information and shape policy and services affecting the aged community.

Maggie Beer's Food Tips for Older People

- Grow herbs as it will inspire you to get in the kitchen
- Cook soups full of beans, legumes, vegetables and herbs
- Slow cookers are ideal to create healthy meals full of flavour and nutrition
- Keep it simple – you don't need to try to do anything fancy

Maggie's Lamb Shanks

This hearty lamb shanks recipe was served at the session with Maggie Beer, inspired by the popular cook's food philosophy. Now, you can give it a try at home!

Ingredients:

2 lamb shanks
10 sprigs rosemary
8 garlic cloves, peeled
1/4 cup olive oil
1 cup red wine
Gravy
Mash potato & seasonal vegetables to serve

Method:

- 1 Pre-heat oven 180 degrees.
- 2 Arrange the shanks in a baking dish. Add the rosemary and garlic over the shanks then pour over the olive oil and put into the oven, cook for 1 hour. Add the red wine and then cover with baking paper and foil. Continue baking for another hour.
- 3 Remove from the oven and separate the shanks from the liquid, keeping the liquid for the sauce.
- 4 Strain the liquid so as not to get too much of the garlic and rosemary in the sauce and add to the gravy you have made prior in a saucepan. Bring to the boil and turn off. Set aside for serving.
- 5 Return the shanks to the oven so you can prepare and cook the vegetables.
- 6 Serve the shank on a bed of mash potato and the seasonal vegetables you have chosen.
- 7 Pour the sauce over the shank and potato and you're ready to serve!





Feel at home with Helping Hand in Salisbury

We proudly employ more than 400 locals and help more than 2,000 people in this community to live independently in their own home. Our residential care homes in Parafield Gardens, Ingle Farm and Mawson Lakes enable older people to live their best lives with exceptional and compassionate care. We also support carers to have a well-earned break with flexible respite options.

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Our qualified allied health and wellbeing professionals can help you in your own home or in our community clinics based at the Parafield Gardens Recreation Centre.

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We offer respite options in your own home, or at one of our homes, so you can refresh and recharge, while the person you care for is in safe hands. Day respite groups are also available in the area.

**For more information visit
helpinghand.org.au or call 1300 653 600.**

Home care | Residential care | Retirement living



Helping Hand
new aged care

WORDS Erica Visser

RECYCLING FOR THE FUTURE

A paper polishing plant is being developed at the Northern Adelaide Waste Management Authority's Edinburgh facility to improve the quality of recycled materials.

NAWMA collects and recycles 26,000 tonnes of paper and cardboard each year from residents' yellow-lid bins at City of Salisbury, City of Playford and Town of Gawler.

The creation of the new plant, which received \$8 million in Federal and State Government funding, is expected to bring in a multitude of benefits including:

- Future proofing the kerbside yellow-lid bin program in meeting prescribed guidelines for exporting of recycled materials
- The creation of 60 construction jobs and up to 12 ongoing full-time jobs
- Investment in innovation in the northern Adelaide region
- Environmental benefits as a result of more efficient recycling of paper and cardboard.

Mayor Gillian Aldridge OAM welcomed the construction of the plant, which she said further built on NAWMA's reputation for innovation.

"City of Salisbury is proud to be a part owner of NAWMA and is pleased with the great work it does in managing waste services using an environmentally efficient and innovative approach," Mayor Aldridge said.

"The development will create jobs, further boost the northern regional economy and reduce demand on natural resources, something in which Council is particularly passionate about in our bid to create and progress a sustainable city."

The upgrade follows another improvement made by NAWMA last year to save natural resources.

Until recently, small pieces of glass jars that were broken in collection trucks were not able to be recovered, leading NAWMA to build a glass fines recovery plant in 2020.

As a result, about 11,000 tonnes of these small pieces of broken glass can be captured each year and used instead of sand for making roads and footpaths.



A NAWMA upgrade is helping to more efficiently recycle your rubbish.

Where does my recycling end up?

After your yellow-lid bin is collected from your kerbside, its contents are sorted into secondary raw materials at NAWMA's Material Recovery Facility in Edinburgh.

Currently around 80 per cent of all recovered recycling streams are recycled in South Australia and interstate. For example, steel cans are sent to Sims Metals at Gillman and plastic from HDPE plastic bottles – commonly found as shampoo and conditioner bottles, soap, detergents and milk – makes its way to Advanced Plastic Recycling in Edinburgh.

Did you know?

You can take a free tour of NAWMA's award-winning Material Recovery Facility. Call NAWMA to arrange a tour on 8259 2100.

WORDS Paula Bennet & Mike Richards

SPOTLIGHT

ON BUSINESS



City of Salisbury is home to hundreds of businesses, many of which are doing interesting and innovative things in their field including Mawson Lakes-based science and technology business elmTEK.

elmTEK is a South Australian owned and operated defence science and technology business headquartered in the Technology Park precinct of Mawson Lakes. Established in 2012 the business comprises a multi-disciplinary team of engineers, physicists, mathematicians, technicians and supporting staff. The company continues to grow at a rapid pace with their people collectively aligned in their mission to "...protect the people who safeguard Australia and its people by working together with our customers and partners to get the right technology into the field faster".

elmTEK's builds highly accurate human and hardware-in-the-loop simulations of

defence equipment including platforms, self-protection systems and techniques to better understand the survivability aspects of the battlespace and make decisions to improve these systems. The business is committed to developing sovereign capability by working with Australian partners for research and development as well as local subject matter experts and supply chain. elmTEK's work is diverse and covers algorithm development, signal processing, software, electronic and mechanical design.

elmTEK supports STEM education and diversity through their role as a hiring partner for software engineering interns coming through 42 Adelaide, a new coding

school based in the CBD of Adelaide. This local coding school is a free international phenomenon looking to progress students through the curriculum to build experience, skills and self-confidence. elmTEK are part of the Industry Hiring partners and are looking forward to hosting student interns in their second and final year to give them hands on, practical experience.

42 Adelaide is open to all types of students. You may have never written a line of code in your life, the curriculum is designed to logically step you through the learning process.

To discover more about this "gamification" learning, head through to the 42 Adelaide website:

<https://www.42adel.org.au/>

The team at elmTEK host graduates each year (with intake for the following year closing towards the end of May each year) and provides sponsorship for the UniSA Engineering Grant. In partnership with the University of Adelaide, elmTEK also sponsor the Women in STEM Careers Program encouraging women to pursue careers in the growing fields of science, technology, engineering and mathematics (STEM), where they have traditionally been under-represented.

**To learn more about this exciting local company, follow the link below:
<https://elmttek.com.au>**



BUSINESSES BOOST MARKETING SKILLS

The Polaris Centre has just completed its five month Marketing for Success Program with nine business owners from a wide variety of fields involved.

After starting out in February with two introductory workshops – Marketing Made Easy and Digital Marketing Basics – participants were off and running.

The workshops showed the basics of marketing and allowed owners to meet one another and connect, before an individual marketing diagnostic review which helped them identify some of the gaps in their marketing activities.

The Program also included a series of monthly advanced digital workshops,

delivered by subject matter experts with the following topics:

- **E-Commerce Best Practice**
- **Local Search Engine Marketing**
- **Building Your Website and Getting Traffic**
- **Social Media for your Business**
- **Measuring the Performance of your Website and Social Media**

In late April, the group came together for a mid-program meeting where they heard from local business leader Silvia Frost, founder and general manager of Power Generator Systems.

Participants were able to access a variety of mentors during the program, allowing them to tailor their plans to suit their business.

The program, which was delivered with support from the State Government Department for Innovation and Skills SME Business Advisory Services Program, culminated in a presentation ceremony on 18 June 2021.

As a result, participants are equipped with an implementable marketing plan and digital marketing strategy they can use to support their own business growth.

If you are interested in receiving
business support visit:
www.polariscentre.com.au

WORDS Erica Visser

MARATHON PROJECT CHANGES LIVES

When Salisbury-raised Tahnee Sutton started training to run a marathon, she considered completing a 5km run to be a feat.

Just six months later the Salisbury-raised Narungga woman was passing through the finish line of the world's biggest marathon in New York City alongside 11 fellow indigenous young people from across Australia.

This is the primary goal of the Indigenous Marathon Project (IMP) – a novel initiative created by world marathon champion Rob De Castella in 2009 which has since seen 109 graduates.

Running a marathon teaches you the formula to life – that yes you are going to have the highs and lows and want to give up, but as you continue to push forward you will eventually reach your destination in whatever that may be.

Tahnee Sutton

The program uses running as an outlet to change lives and provide a sense of “empowerment, purpose and pride” for young people and includes educational components that enable past participants to become “healthy lifestyle leaders” upon their return to communities.

It's been five years since Tahnee completed the marathon however the experience has had an ongoing life-changing impact – one she continues to share within public speaking appearances such as at the Reconciliation in the North Morning Tea event hosted by City of Salisbury and City of Tea Tree Gully earlier this year.

For Tahnee, who was raised in Salisbury Downs by her grandparents after the death of her parents, the experience has instilled the confidence to pursue opportunities.

For example, pursuing a career as a Procurement and Policy Officer for the State Government as well as previously working as an Officer Manager.

Prior to that, she completed a traineeship at the City of Salisbury after graduating from Year 12 at Salisbury High School.

An ongoing love of running fostered via IMP has also been beneficial for mental health, Tahnee said, allowing her to overcome adversity such as the trauma which came as a result of being on an Adelaide Metro bus which collided with the Ghan passenger train in

2002, killing five people and injuring 13 others.

“Running has helped me to find peace which I'm really thankful for,” Tahnee said.

“Through running, I have been able to develop a level of resilience which has opened up a lot of other opportunities such as taking on a role of Officer Manager when I didn't have any prior experience managing people, and excelling within that role.”

It is a far cry from 2016, when Tahnee made her way to Canberra for the first meeting of IMP squad members post selection into the competitive program.

“We were taking turns saying a bit about ourselves and I felt so overwhelmed I got up and left the room,” she said.

“The head coach followed me and said, ‘Don't worry, your voice will come with time.’

“Here I am nearly five years on, a true testament to the success of the marathon project.”

Tahnee is now focused on working with young people to empower them to adopt healthier lifestyles and in turn improve physical and mental health.

She is also passionate about shedding light on subjects that Tahnee says aren't spoken about enough both within indigenous and non-indigenous communities, such as the existence and deeply-rooted impact of intergenerational trauma on Aboriginal people.



Tahnee Sutton.

Meanwhile, Tahnee remains committed to supporting the IMP, attending last year's COVID-adapted version of the grand event held at Alice Springs to support 12 squad members reach the finish line.

The runners kicked off the 42.195km trek at midnight, guided by a backdrop of the full moon against the red desert that is intrinsically linked with Aboriginal cultural history.

Tahnee recommended the program to any young indigenous person who was thinking about applying.

"Running a marathon teaches you the formula to life – that yes you are going to have the highs and lows and want to give up, but as you continue to push forward you will eventually reach your destination in whatever that may be," she said.

Who can apply to take part in the Indigenous Marathon Project?

Every year, up to twelve Aboriginal and Torres Strait Islander men and women aged 18-30 are selected to train for and complete a major international marathon. Participants are supported with expert coaching advice to ensure they are prepared to complete a marathon. They also receive training and support to develop leadership capabilities to enable them to drive change in their home communities once they complete the program.

What are the biggest benefits participants can expect to take away from having completed the program?

The Indigenous Marathon Project has created significant value for graduates, their families, members of their home communities and the broader community. For graduates, participation in IMP results in a health transformation and mindset shift that sets them up to overhaul their physical health, improve mental health through resilience and positive coping strategies, develop self-belief, set and achieve major goals, and become leaders, both during the program and for many years afterwards. Graduates see benefits flow down to most parts of their lives – leadership opportunities, community and peer network, career development and family functioning.

More information: www.imf.org.au

WORDS Erica Visser

MURAL CAPTURES COMMUNITY



Frank Wanganeen in front of the mural.

A realistic depiction of Kaurna Elder Uncle Frank Wanganeen and his 16-year-old grandson Joseph is the latest in a string of public artworks popping up across the city.

The mural, located in the garden of the Para Hills Community Hub, was created by Aboriginal artists Thomas Readett and Elizabeth Close and intends to highlight not only Uncle Frank's significant contributions to local Kaurna and non-Aboriginal communities, but also the importance of passing down cultural knowledge.

The artwork also reflected themes surrounding staying strong during COVID-19 that were expressed within drawings by Salisbury Primary School Year 7 and SCILS FLO (Northern) Program Year 10 students.

Elizabeth, who painted the artwork that surrounds the portrait of Uncle Frank and Joseph, said many of the students

had referenced the importance of family and friends within their depictions – as captured through Council's partnership with Relationships Australia SA which conducted workshops at the schools.

Circles were used to depict the idea of community, with larger elements representing each student and smaller connected elements symbolising the facets of their lives that kept them balanced during COVID-19.

"I suppose it is a reimagined COVID-19," Elizabeth said.

"A statement that says, 'you tried to knock us down, but you brought us closer together and stronger than before!'"

The project was funded by the State Government's Statewide Wellbeing Strategy led by Wellbeing SA.

You can check out more examples of public art and where to find it on the Discover Salisbury website via:
www.discoverosalisbury.com.au/publicart

Splashes OF COLOUR

A number of public artworks have been completed through Council's Create A Place project, which brings venues and artists together to create a space that brings colour and liveliness to local sites.

❶ Music Corner Mural

A spectrum of colours was used within Salisbury's Music Corner Mural in order to symbolise the emotions music makes us feel.

The wall, located on the side of local business Music Corner North at Wiltshire Street, was painted by artist Ella Simpson of Ink And Ruby Studios.

"The inspiration for the piece comes from the movement in music, the colours connect to the emotions music makes us feel, the shapes how we interact with music in our lives," Ella said of the work.

"I also wanted to connect with the fact that the Music Corner business is the largest music school in SA, and offers an incredibly supportive environment for any type of musician."

❷ Bridgestone Reserve Water Tank Mural

The water tanks at Bridgestone Reserve were transformed into colourful works of art earlier this year that complemented the development of the Bridgestone Athletics Centre. Artist Ella Simpson spent 60 hours painting the tanks over a number of weeks, working around February's unusual weather which included searing heat one day and a dash of summer rain the next. The tanks required a primer undercoat and up to four coats of coloured paint.

❸ Meeting Place Mural

A mural developed in James Lane at Salisbury was produced by Aboriginal artist Scott Rathman with support from the Salisbury Business Association, which is located in the lane. The work represents a meeting place for people to gather, share stories, work, learn, be entertained and collect the necessities of modern life. The centre piece represents this moment in time and is surrounded by the many pathways taken to reach it.

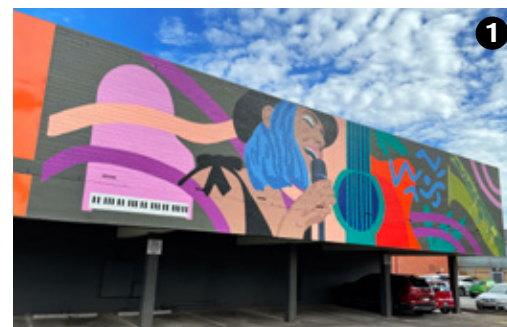
❹ A Safer Place Mural

This artwork was produced by Shane Mankitya Cook with support from Salisbury Youth Council as part of a Domestic Violence and Family Violence Project.

It acknowledges the importance of standing up and speaking out against violence in our community. The words incorporated into the design were chosen words brainstormed by youth members in our community representing a supportive relationship.

❺ Someday by the River Mural

Produced by Scott Rathman, the work represents an expression of moments in time past, present and future spent at the Salisbury Recreation Precinct while beside the Little Para River.



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WORDS Heather Kennett

CHEERS TO OUR VOLUNTEERS

Volunteers' hard work, dedication and selflessness recognised during National Volunteer Week.

Meeting new people, gaining new skills and having an opportunity to give back to the community are just some of the rewards of volunteering, according to teen volunteer Sharif Habibi.

The Salisbury East High Year 11 student began volunteering at City of Salisbury events in 2019.

"I'm very happy with my decision to volunteer," the 17-year-old says.

"I am gaining life skills, confidence, improving my communication, learning how to interact with people, answer questions and how to approach people."

He also hopes it will be a pathway to employment once he completes his schooling.

"When I apply for jobs, they ask me what my experience is, so I thought I would volunteer to gain new skills," Sharif says.

Sharif recently volunteered at the Salisbury Community Fun Day at Carisbrooke, held in May, working as a COVID Marshall and assisting in the information tent.

"Three years ago, if you were to ask me to help out in the Information tent, I would have been so nervous, now I'm so much more confident," he says.

"I'm learning basic life skills which I know will also be good for my job prospects."



Seventeen-year-old Sharif Habibi has gained valuable experience and personal development by volunteering at City of Salisbury events.

City of Salisbury has more than 470 active volunteers, contributing 32,500 hours this financial year. The youngest volunteer is 12 and the eldest is 97. About 41 per cent of volunteers were born outside of Australia, representing 51 countries.

Salisbury volunteers undertake a wide range of tasks including administration, event support, tutoring, transport, social support, childcare, removing graffiti, grounds-keeping, gardening and mentoring learner drivers.

Mayor Gillian Aldridge OAM said on behalf of the council, she wanted to recognise and thank every single volunteer, whether they are helping in the City of Salisbury or those

working in the community, for their hard work, dedication and selflessness.

"Volunteers play a valuable role in the Salisbury community, generously giving their time, skills, experience and knowledge to support council activities, programs, services and events," Mayor Aldridge said.

To learn more about volunteering in the City of Salisbury, to view current vacancies, or to apply visit our website:
www.salisbury.sa.gov.au/volunteering

WORDS Heather Kennett

WATERSHED

ART PRIZE HONOURS

Creative depictions of sustainability using a range of expressive mediums were recognised in City of Salisbury's 2021 Watershed Creative Prize.

The annual art competition was this year expanded to encompass not only traditional pieces, but those using written and emerging technological formats.

Mayor Gillian Aldridge OAM said the expansion of categories in this year's Prize had allowed more creative artists to enter, with winning formats including paintings, poetry and short story, video and song.

"The Watershed Creative Prize has always been an exciting avenue for artists to depict what sustainability means to them," Mayor Aldridge said.

"This year the Prize extended beyond the visual, with a pleasing quality of entries into the emerging and written categories which we hope will only continue to grow next year."

The artworks were on display at the John Harvey Community Hall in the Salisbury Community Hub during May and June, with the works receiving strong public interest and a number of pieces selling.

The winners include:

TRADITIONAL

First Prize: Rejuvenation (painting)

Artist: Andrea Louis

"The work is based around the spirit of regeneration with the image of a bird watching over, but caught between the idea of hope in terms of restoring our natural environment and the things we are doing to make life difficult for animals and bird life," Andrea said.

"I believe it is important that all people interpret art is it appears to them. Art is something that evokes different feelings within people. "Sustainability is so important and if we don't have initiatives such as the wetlands and recycling programs and if we aren't careful in how we use the resources we have then we will suffer. I believe that

people are more aware of this than ever and that we all just need to do our bit towards protecting and regenerating our environment."

Runner Up: Bio Diversity

Artist: Kathleen Knight

WRITTEN

First Prize: Sustainability (poem)

Artist: Jean Bates

"Sustainability is a topic that that came easily to me to write about. I am concerned, particularly being a grandmother, about legacy we leave behind and ensuring it is one worth leaving for our future generations," Jean said.

Runner Up: The End

Artist: Anita May

EMERGING YOUTH CREATIVE ART PRIZE

First Prize: Sustainability at home (painting)

Artist: Shreyan Golia

Six-year-old Shreyan depicted his take on sustainability in his home environment.



Emerging Youth Creative Art Prize winner Shreyan Golia.



Winner of the traditional category, Andrea Louis.

EMERGING TECHNOLOGIES

First Prize: Dry Creek (video)

Artist: Susan O'Malley

This piece was submitted on behalf of a group of students at St Paul's College, Gilles Plains and formed part of work created via the Catholic Education SA STEM XR Challenge.

"This project took on a sustainability-incorporated augmented reality exploration of Dry Creek," Susan said.

Runner Up: Concerto for a Little Stream

Artist: Chuyau (Titlia) Liu



St Paul's College was awarded the Emerging Technologies prize.

MAYOR AWARD

First Prize: Fire Path

Artist: David Taylor

"Environmental issues are very important to me," said David, who had decided he wanted to be an artist by age four.

"As well as painting, I do a lot of writing about environmental issues and in 2019 I won a Banjo Patterson Award."

David constructed Fire Path on a black canvas, which made for a striking contrast between the colours representing the different elements (red-fire, yellow-air, blue-water and green-earth), as well as allowing for the work to be interpreted as either night or day.



Mayor Award winner David Taylor.

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WORDS Erica Visser

LONG-LOST BUTTERFLIES RELEASED AT WETLAND

A long-lost breed of butterfly has been released into Salisbury's Greenfields Wetlands with hopes the species will re-establish at the site.

Sixty-five Yellowish Sedge-skipper caterpillars, protected in cylindrical cardboard shelters, were zip-tied to its host plant, *Gahnia filum* (Thatching Grass) at various locations within the wetlands during June – with a number of adult butterflies also released in spring in an initiative headed by Green Adelaide.

Cages were placed atop the some of the plants to offer greater protection from predators such as birds.

The project follows 20 years of work to restore the butterfly species, which has been considered to be regionally extinct in the northern Adelaide region since the 1980s.

The butterfly plays an important environmental role in pollinating plants and pest management.

It is hoped the undertaking would lead to the uptake of the species at the Greenfields Wetlands, located off Salisbury Highway, following success with a similar release at the Aldinga Washpool in 2020.

Environmentalism Peri Coleman, who wrote the original plan for the reintroduction of the Yellowish Sedge-Skipper more than two decades ago, said she was “thrilled” to be involved with the release at Greenfields Wetlands.

“This has been a long time coming and a lot of work has gone into restoring this land over the years,” Ms Coleman said.



“We’ve seen so many kids from places like Burton Primary School involved with planting the *Gahnia* (thatching grass) here, and now a generation later, they are releasing baby butterflies.”

Council is committed to implementing initiatives that contribute to achieving an environmentally sustainable city.

Salisbury has more than 50 constructed wetlands which provide important habitats for a range of flora and fauna and promote effective water management.

WORDS Jennifer Sothman

Reconciliation in the North Morning Tea



An inspirational morning was spent at the Reconciliation in the North Morning Tea hosted by Council and City of Tea Tree Gully. Attendees heard from keynote speaker Tahnee Sutton about how taking part in the Indigenous Marathon Project changed her life and allowed her to bring positive messages back to other young indigenous people. Talented students from Kildare College Dance Ensemble performed a dreamtime dance and Nathan May took to the stage, guitar in hand, to share some personal original songs revolving around his experiences in Adelaide and of his home town, Darwin.

Refugee Week



City of Salisbury marked Refugee Week in June with a number of events including live Vietnamese music in the Salisbury Community Hub from Dang Thao on a number of traditional instruments accompanied by wife Ros Hewton on keyboard. An author talk with local refugee panellists was meanwhile well-received by about 25 community members who attended. The panellists, who were featured within exhibition 'New Land, New Hope', which was on display in the Salisbury Community Hub, answered questions about their experiences as refugees in Australia.

Planting 10,000 trees



We've held numerous planting events as part of our mission to plant 10,000 trees along the Little Para River. A couple of these were in June to celebrate World Environment Day. On Friday 4 June we had approximately 150 students from Salisbury Park Primary School plant approximately 1,000 trees along the Little Para River, near Harry Bowey Reserve. Then on Saturday 5 June we had approximately 50 people attend a community planting event at the same location across two sessions. We had plenty of helping hands and managed to get 1,200 plants in the ground well ahead of schedule for the day!

Bridgestone Athletics Centre Opening



Hundreds of people turned out to celebrate the highly-anticipated opening of the Bridgestone Athletics Centre, at Bridgestone Reserve on Frost Road, Salisbury, which was developed by Council in partnership with the State Government, Bridgestone and Athletics SA. The state-of-the-art 400m synthetic track was put to use for the first time with a number of races held at the opening night and across the weekend.

Salisbury Community Fun Day



About 1,500 people embraced perfect weather to attend our free Salisbury Community Fun Day at Carisbrook Park in May! All of the activities proved popular with little and big kids alike, with the animal farm, climbing wall and nature junkyards particularly huge hits.

Paint the Farm REaD



Mayor Gillian Aldridge OAM was honoured to attend a special playgroup in the park at Pooraka, in honour of the launch of a new mascot, Boobook Owl, of the Paint the Farm REaD children's reading initiative. Mayor Aldridge read a special book about Boobook Owl, while popular children's author Phil Cummings read his new book, Joe and the Stars, to excited crowds.

Community Health Expo



A free health advice expo showcasing medical and allied health providers across the Salisbury City Centre and the City of Salisbury proved popular.

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CITY 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's Customer Centre on 8406 8222.



Gateway Towers

We have finished upgrading some of our gateway towers to feature digital screens which will be used to share the word about our upcoming events and services. So far we have upgraded the towers at Park Terrace/Salisbury Highway at Salisbury, Main North Road/Park Terrace at Salisbury East and Salisbury Highway at Dry Creek – so keep an eye out whenever you drive past!

Tyndale Christian School crossing

Around the emu crossing new fencing, signage and pram ramps have been installed.

Bridge replacement at Carisbrooke Park


The bridge near the main carpark at Carisbrooke Park has been removed and replaced with a new steel bridge.



Dry Creek erosion works

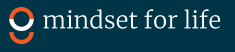
Dry Creek erosion remediation and control works have continued between Pratt Avenue and Lindblom Park in Pooraka. The works included creek bank remediation, bank reinstatement, construction of rock check dams and bank toe protection. This keeps the bank open and allows it to flow efficiently whilst protecting against erosion. A cement treated access track has been installed between Ayr Street and McCarthy Court for pedestrian access, with special care taken to not impact the existing trees.





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City of Salisbury

CONVERSATIONS ON SOCIAL MEDIA



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



f Check out this time-lapse of the Aboriginal Mural located at the new Para Hills Community Hub garden. The mural featuring local Senior Elder Frank Wanganeen and his grandson Joseph was created by artists Elizabeth Close and Thomas Readett as part of the City of Salisbury's World of Wellbeing project to promote resilience, positive health and wellbeing post COVID-19.

Council engaged local partner Relationships Australia SA's Community Projects Team to conduct workshops with Salisbury Primary School Year 7 students and SCILS FLO (Northern) Program Year 10 students to identify what kept them strong during COVID-19 and what resilience strategies they used to help with their own health and wellbeing. The students' responses were then incorporated into their own artwork and reflected strong themes around the importance of family, community and culture. The artwork and general feedback were then provided to the artists who built the design of the mural around these themes and the students' artwork. The Para Hills Community Garden is now open to the public for general viewing with gardening/outdoor programs available for children and adults. For more information please contact: 8406 8560. This project is funded under the South Australian Government Statewide Wellbeing Strategy, led by Wellbeing SA www.openyourworld.sa.gov.au #openyourworld

Vicki Porter How amazing is that!

Keree Saint Beautiful artwork

Sonia Blackwell Fantastic!

Leanne Maree Really beautiful

Margaret Ann Caretti Looks good

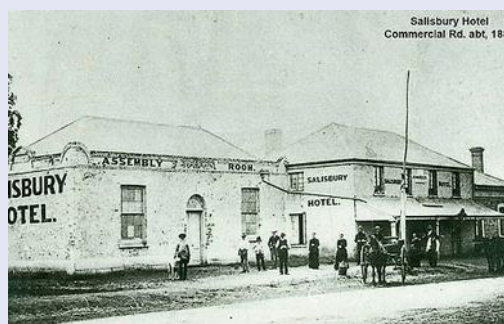


cityofsalisbury

A spectrum of colours was used within Salisbury's newest mural in order to symbolise the emotions music makes us feel. The wall, located on the side of local business Music Corner North at Wiltshire Street, was painted by artist Ella Simpson of @InkAndRubyStudios.

Kylie Brice Music I've enjoyed watching this come to life! It looks great. Love the vibrant colours.

Melanie Fitzpatrick Great mural



cityofsalisbury

The hotel was built for John Harvey in 1848 and was called The New Road Inn. As was usual for John Harvey he leased the hotel to William Allen who was unsuccessful in getting a licence. The hotel was opened in 1854 and renamed The Salisbury Hotel. It was a two storey building with a large assembly room. Later the building became a single storey structure. There have been many changes over the years, the latest is the demolition of the 1960s bar and the subsequent exposure of the stonework of the original building.

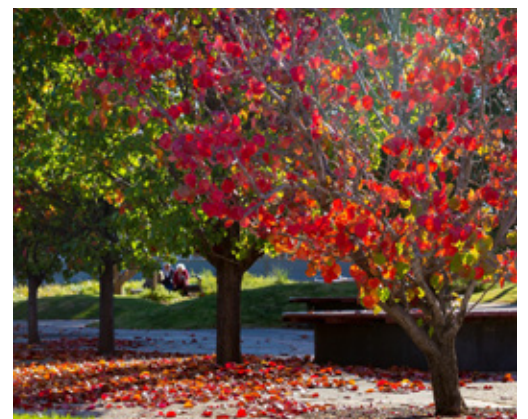
That Curious Bear Thanks for another great lesson @cityofsalisbury



@Rebekahrosenzweigphotography

There is such a great variety of birdlife at Mawson Lakes.

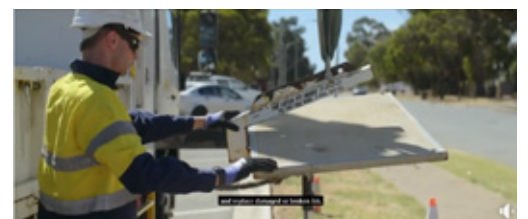
If you have never walked around the lake, put it on the 'to do' list next time you visit Adelaide.



discoversalisbury

Gentle breezes blow, coloured hues of red and gold cloak the waiting earth. Autumn is here in all its splendour. Mowbarra Park in Mawson Lakes is a great place to visit and watch the trees turn red in the month of May. Photo courtesy of Katarina Husakova.

Maigen Norman LJ Hooker Beautiful autumn pic



f Meet Scott and Sam, who give a day in the life insight into what the City of Salisbury Civil Drainage team does. The team of seven cleans and maintains 10,500 side entry pits on a five year cleaning cycle and 68km of open drains, 143 trash racks and 1100 headwalls that they clean on a regular basis.

D Waylen EO Keep up the great work around our amazing City

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- Mayor Gillian Aldridge OAM,
City of Salisbury

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