

AROUND THE HOUSE

HE NEVER MET A STRANGER

Page 03

INTERVIEW

HEARTLAND: SA ART

Page 03

ART

GOOD NEIGHBOURS

Page 05

COMMUNITY

The Independents: low key, high calibre art at The Terrace

ART Last month The Terrace opened a new exhibition called The Independents: diverse backgrounds, unified in art.

●● Prior to the opening a few 'how to' sessions explaining how to write a biography for an exhibition and how galleries operate were held. The sessions were part of the Terrace-based art group and led by tenant and *Around the house* editor, Adam Gould.

Adeeb Kamal Ad-Deen, an Iraqi-Australian journalist, poet and translator showcased his skills with a collection of his award-winning poetry was

available for participants to browse. Visual artists Allan, Greg, Julie, Margherite and Roseanne took the plunge and hung their work. As a group of painters they could not be more diverse, ranging from pure abstraction to graphic art to Indigenous dot painting.

It takes courage to let others see and comment upon your creative endeavours and Unity is delighted that you all shared your efforts with us. Well done and thank you.



JOIN THE NEWSLETTER TEAM

●● If you'd like to participate as a contributor, editor or have a great story to tell for an interview, you would be a welcome addition.

Around the house editor, Adam Gould, has deserted us for Melbourne (kidding, Adam©), so we're looking



for someone who might like to help edit the newsletter. There are some guidelines and an interview, but nothing scary.

Please call
Anna 8237 8786 or
email a.minges@unityhousing.org.au

New newsletter, new name

●● Back in March Unity announced a new approach to the tenant newsletter. From now on it will be produced three times a year and over half the content will be investigated or written by or be about tenants. The newsletter has a completely new structure and is now being managed by an editorial panel comprised of tenants and Unity staff.

We also ran a contest to give the publication a new name. Four entries from three people were put forward. '*Around the house*' was contributed by Angas Lodge tenant, **Gary Gambetta**. Congratulations to Gary who won the \$100 store voucher.

The editorial panel chose the winning entry.

The most significant change

INTERVIEW Giselle's story of confidence and courage

Story contributed by Giselle

● One thing we all have in common is a story. And since life is change, all stories are ultimately about change. For each edition of the newsletter, Unity will ask a tenant about the most significant change in their life – it might be good, it might be not so good. One thing is certain, it will be interesting.

For this edition, we asked Giselle, who lives in Aldinga.

“**What was the most significant change in your life?**”



Giselle in her home

Talking to Giselle is a lively exchange. She laughs a lot. So interviewing her feels vibrant and your spirits are quickly lifted. That is not to say that her life has been one long, sunny day. Giselle grew up in Germany during the Second World War.

As a young woman she immigrated to Australia with her husband for a new start where they put in many hours of hard work starting the first organic winery in McLaren Flat. Over time, her husband became abusive and Giselle ended the marriage, leaving everything behind.

She found a new partner in 1976. This happy and loving relationship was short. On their first anniversary he was killed in an accident and Giselle was unable to cope. She suffered a breakdown, which was then called manic depressive disorder. Her late partner's family took everything they had built up together while she recovered in hospital, leaving his body in the

morgue.

Returning to Germany seemed a good idea. She held several jobs for just over a year before suffering another relapse and Australia became home again. Giselle really bounced back, moving to Peterborough and opening a plant nursery. Yet another trauma was to block her path when a man who had proposed to her was killed in a car accident.

The story continues along a bumpy road with Giselle having to sell her nursery and home.

The next chapter brought her to Aldinga and community housing with Unity. It was here that she began to settle again, taking up writing her autobiography, *Shadows Over the Sun* published in 2012.

After losing a number of loved ones, everything she owned and experiencing multiple breakdowns the most significant change in Giselle's life was writing and publishing her book. It restored her self-confidence and she made

“**On their first anniversary he was killed in an accident...**”

friends who believed in her. Ultimately she recovered from her inferiority complex.

The book was called, 'a book of courage' at the book launch and has inspired others to write their own story and speak freely about their own experiences – especially mental illness. Giselle feels free and happy now. Stigma and injustice in our society doesn't hurt her anymore.

You can buy the book for \$16.60 by contacting Giselle on 8556 6240.

New BBQ for Angas Lodge

● It was a bit cold, but on 11th July the tenants at Angas Lodge gathered around to christen their new BBQ.

“Thanks to the Premier's Community Initiatives Fund and Café Troppo (Whitmore Square), Angas Lodge is having a round of get togethers for tenants and staff,” said CEO Matthew Woodward. It was a very generous grant and unexpected donation and I know everyone here appreciates it.”



Berny, Norm and Ian man the BBQ

Thanks to the Premier's Community Initiatives Fund and Café Troppo.

A shy, tong-wielding Angas tenant told *Around the house*, “this was our inaugural BBQ event and we all found

it much easier with the new equipment.” The last grill was cactus – this one is a Cadillac.”

“Having an outdoor standing heater also makes it easier to convince someone to go out there and get things started. Once the warm weather comes, we'll be using the news tables and chairs,” he said.



He never met a stranger

Story contributed by Bill Ryan

●● For those who make friends easily there's an old saying that "they never met a stranger." Bill Ryan of Davoren Park won the lottery more than three years ago, but it hasn't changed him, just how many people he's able to befriend now.

"I can't bear to see someone else in need. When I moved to Australia 50 years ago, no one closed their doors on their neighbours. It wasn't done."

"I bought a house nearby where up to six men can live until they get back on their feet.

There's a church that I work with to help find them more permanent homes. These are good men who've fallen on tough times."

Bill knows all too well what it's like to have little or no money. He came to Adelaide in 1960 with empty pockets. That memory encourages him to help new migrants like the five young Sri Lankan men he met recently – new arrivals to Australia and to Davoren Park.

"I was out walking the dogs when these young fellows asked if I had a

warm blanket they could borrow. It turns out they got a house in the area but don't have anything but the clothes on their backs."

"I know a thing or two about Sri Lanka. It's not an easy place to live. After six months on Christmas Island they're safe now. I got them beds and bedding and took them a TV set last week. I sure hope they're all right."

When asked about his celebrity status, Bill insists

that he isn't one.

"Until a lady from Housing SA found out about me, no one knew what I did. She got me in the

paper and a few people know now.

"The same people who have always waved at me still do because I walk the dogs. The butcher definitely knows me because I buy shredded chicken for the animals. When I go into his shop, he shouts, "one kilo, Bill?"

"I'm not famous. Not really. If people know me it's because I've lived here a long time. You know, I could have a big, fancy house at the beach. But I wouldn't like it. I'm fine right here."



Wawiriya Burton, *Ngayuku Ngura – My Country*, 2012, synthetic polymer paint on linen; © courtesy the artist and Tjala Arts, Amata



Chris De Rosa, detail: *Artificial Kingdom*, 2013, inkjet print, etching, pigment stain on perforated Magnani paper; © courtesy the artist, photo: Grant Hancock

Heartland: an emotive collection of South Australian Art

ART Contemporary art from South Australia at the SA State Gallery. Exhibition running from 21 June to 8 Sep 2013, FREE to the public.

Helen Agius

Art lover and Terrace resident



●● HEARTLAND is well named as it is a very emotional collection. The exhibition of contemporary art from SA premieres new work made for the exhibition as well as selected works that have rarely been seen.

What impressed me most was how, for this exhibition, the curators and artists had expanded the genre of 'landscape' to enable the artists to express their own representations of 'land' and 'scape' in whatever way they want to. What freedom to just create and interpret!

The other aspect that captured me was that it's just like SA – from brightly coloured paper carvings of sea corals from the Fleurieu Peninsula to black and white

photography of desert roads north of Port Augusta.

I know those roads well. There's something sad about them. Honest, but sad. The corals were so beautiful that they make beauty an emotion. It isn't, it should be.

The giant camels (pictured below) made me laugh. The picture here is small, but the photographs were about 3m tall and 10m wide.

SA is my home and I'm very happy that I spent an afternoon at this exhibition. You should, too.

The exhibition is being presented as the Art Gallery's contribution to the 2013 SA Living Artists Festival.

For further information, visit www.artgallery.sa.gov.au/heartland

Accompanying the exhibition is a vibrant events program of tours, talks and hands-on art activities, as well as audio and video support material.



Paul Sloan, *Planet Caravan*, 2013, archival print on Hahnemuhle photo rag; © courtesy the artist and Hugo Michell Gallery, Adelaide

The Southwest Community Centre

COMMUNITY There is a special, hidden hub of activity in the city - tucked away in the quiet end of Sturt Street.

Yvonne Maher
Contributor



●● In 2003 a group of residents, dedicated to improving the cultural strength of their neighbourhood, met to address a gap in the southwestern corner of the city.

Adelaide City Councillors and employees attended, all agreed that the goal was worth pursuing and so negotiations began.

Few of those early activists knew one another, but with a common goal, the South West Community Centre was born.

“
No one ever needs to feel lonely in the city. There are so many groups doing so much.
”

The outcome of that action, followed by hard work and many meetings, was that on July 12, 2005 the South West Community Centre was opened at 171 Sturt Street, across from Whitmore Square.

The Community Centre is the hub for many and varied activities in the south west of the city, but is not confined to local residents. Participants come from all over Adelaide and beyond.

So what does the Centre offer?



- Exhibition space for artists to exhibit and sell their work
- Meeting space for various groups
- Free or low cost hire of the centre for community or private groups
- Free loan from a small library of donated books on a borrow or exchange system
- Fax/Free internet as well as photocopying or shredding (small jobs)
- Immunisation clinics once a month
- One on one lessons in

computer basics

- Art groups
- Justice of the Peace one day a week
- Table Tennis and Petanque gear to use in Whitmore Square and South Parklands facilities

- Free loan of gardening gear
- Free loan of a cargo bike to carry stuff
- Battery recycle centre
- Free bio bins to encourage composting
- Free advice and equipment for home energy saving

Those are only some of the services offered.

If your interest has been aroused, why not call in and meet Tanya Innocente on Mondays and Tuesdays or Marjon Martin Wednesday to Friday from 9am to 5pm and see what else is on offer.

No one ever needs to feel lonely in the city. There are so many groups doing so much.

Unity tenants have been involved in every step of the establishment, development and ongoing activities of this rare gem in the city.

Best of the Brickworks Market

●● This edition highlights the Brickworks Market, South Road, Thebarton. This old brick making factory is the site of one of Adelaide's best value-for-money places for fruit and vegetables. Open Thursday, Friday and Saturday as well as most public holidays.



The market has a wide selection of Asian and Indian groceries and produce as well as cafes and other shops and kiosks. The brand new Thebarton Community Centre is nearby and worth a visit as well.



Food co-ops take the pressure off your budget

●● There are two excellent food co-ops in the northern suburbs

Shop 5 in the **Elizabeth Downs Shopping Centre**, 234 Hamblyn Road open 9.30am - 3.30pm Tues - Fri.

Shop 3A in the **Smithfield Plains Shopping Centre** at 240 Peachey Road open 9.30am - 4.30pm Mon - Fri.

RECYCLING BIN TIP: 4

Pizza boxes without food scraps can go in the RECYCLING BIN.

Food scraps can spoil recyclable materials so ensure all food remnants are removed before recycling. Very greasy pizza boxes can go in the **GREEN BIN**.

For a **RECYCLE RIGHT** fact sheet visit zerowaste.sa.gov.au or call **1300 137 118**.





RECYCLING BIN TIP: 12

Don't put your recyclables in a plastic bag.

Place recyclable items loose into the **RECYCLING BIN**.

For a **RECYCLE RIGHT** fact sheet visit zerowaste.sa.gov.au or call **1300 137 118**.




Good neighbours make good friends

COMMUNITY How to establish good relationships with your neighbours

•• Being on bad terms with your neighbour can make your life frustrating, day after day. Taking the time to establish a good relationship with your neighbours has many benefits. The community will be

friendlier, the neighbourhood safer and the area will become a more comfortable place to live. The best way to ensure that you have good neighbours is to be a good neighbour.

- 1 Introduce yourself – know your neighbour's name and make sure they know yours.
- 2 Get to know them a bit and be considerate of their lifestyle and they will be of yours.
- 3 Be aware of shared walls – keep your noise levels down. It helps to keep loud appliances such as televisions and stereos away from shared walls.
- 4 Control your dog and make sure to clean up after it. Constant barking is a fast way to get on bad terms with a neighbour.
- 5 Use good car manners. Don't rev your engine or shine your headlights in people's windows late at night or early in the morning. Try to park in front of your own home.
- 6 Let your neighbour know if you're going to have a party. Better yet, invite them along. Let them know when you expect the party to end.
- 7 Keep your garden tidy and put your bins out on the correct day.

- 8 If your neighbour is having a party or is learning to play the tuba, be patient. Try using headphones or earplugs and ask them to tell you the times they plan to have the music turned up or their practice times.
- 9 Invite them in for tea or coffee occasionally. Everyone gets lonely and having someone nearby that you get on with makes life a lot happier.

thanks

Cheryl from the boarding houses would like to send thanks to all the tenants who offered their support when her son, Luke, was injured early this year. "It has meant so much to me and to Luke to come to work where everyone asks after him. I just wanted to say, "thanks," she told *Around the house*.



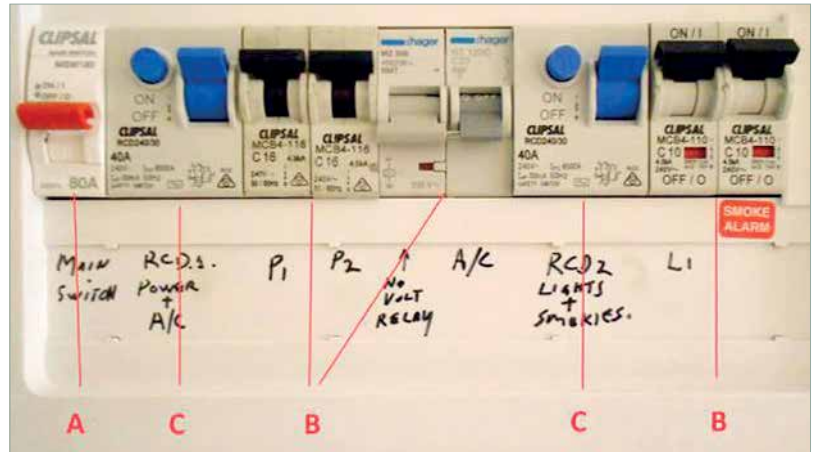
What to do if your power has gone out

What's in my fuse box?

A fuse box is used to control and distribute electricity around your home.

They usually contain:

- A) mains switch
- B) fuses or circuit breakers
- C) residual current device (RCD)



•• One of the most common call-outs is to a tripping safety switch, which keeps turning the power off. In many instances, this is a simple issue to fix.

Check if your neighbours have electricity. If they don't, it's likely that the fault is on the electricity network. If it's at night, then it's easy to tell if there's been a power cut as you'll be able to see if any of the street lights are on.

If everyone else has power and your home doesn't, it's likely to be an issue with your own fuses or trip switches.

Is it a power socket that is not working? Try plugging another appliance into the socket to check if the fault lies with the current appliance that is plugged in.

A safety switch usually trips due to a faulty appliance that is 'leaking power to the earth'. In most circumstances, you may be able to safely locate a faulty appliance.

First, locate your fuse box. These can be found outside in the metal meter box or even inside your home with a small plastic door covering it.

To check to see if your safety switch is tripping due to a faulty appliance:

1. Leave the safety switch off.
2. Go through the house and unplug all of your appliances (yes, all of them!), including the fridge.... If you were using an appliance right when the safety switch tripped, then start with that one.
3. Turn the tripping safety switch back on (up position) and any RCD's that may also be in the off position (down) if it stays on

then it may mean that you have a faulty appliance which was causing it to trip.

4. It may be that you do not need to call Unity to arrange an electrician if you can identify which of your appliances is causing the safety switch to trip.

If you have unplugged all your appliances and tried to turn the safety switch back on and it refuses to stay on, then it's definitely time to call the Unity office between 9am and 5pm or the Unity out of hours maintenance line after 5pm and at weekends.

You can also call SA Power Networks on **13 13 66** to find out if there is a power outage in your area and how long it will take for them to reconnect. When they answer, select option two and you will hear a recording of all the power outages across the state.



CENTRAL

Opening hours 9am - 5pm
9 Claxton Street, Adelaide 5000
Phone: (08) 8237 8777
Fax: (08) 8237 8700
admin@unityhousing.org.au
After hours maintenance 0414 829 690

SOUTH

Opening hours 9am - 5pm
1/506 Brighton Road, Brighton 5048
Phone: (08) 8198 1666
Fax: (08) 8296 7705
south@unityhousing.org.au
After hours maintenance 0414 829 690

NORTH

Opening hours 9am - 5pm
179B Philip Hwy, Elizabeth Sth 5112
PO Box 1195 Elizabeth Vale 5112
Phone: (08) 8287 8600
Fax: (08) 8287 6155
north@unityhousing.org.au
After hours maintenance 0423 781 840

THE TERRACE

BOARDING HOUSE
Opening hours 9am - 5pm
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Phone: (08) 8232 5459
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theterrace@unityhousing.org.au