

# AROUND THE HOUSE

WINTER 2023 EDITION 27



## Naracoorte Neighbour Day 2023

*A fantastic team effort!*

On 27 April, The Naracoorte Neighbour Day was held at the Naracoorte High School home economics kitchen for an afternoon cooking bonanza where 23 participants paired up to show off their cooking skills. Our first meal was Chow Mein prepared by 90-year-old Unity tenant, Gloria.

Our aim was to showcase affordable, freezer friendly nutritional meals that could be cooked in bulk. Another tenant, Bandit, showcased her spring roll recipe recently published in Unity's Community Cookbook. Joanne made a Laos noodle dish, with other members of the Laos community also making traditional dishes.

Pam from Naracoorte TAFE finished the afternoon sharing her sticky date pudding and recipe, which everyone thoroughly enjoyed.

All who attended received a copy of Our Community Cookbook, with recipes used on the day also provided. This event was supported by Unity staff, the Migrant Resource Centre, STTARS (Survivors of Torture and Trauma Assistance and Rehabilitation Service), and the Naracoorte Circle of Volunteers.



All who attended received a copy of **Our Community Cookbook**, with recipes used on the day also provided.

## CHARTS AWARDS ARE BACK FOR 2023

Art lovers watch this space to see Unity Housing tenant entries for the 2023 CHARTS Awards. Successful entrants will have their submitted art judged in August with the awards night being held on **28 September** at **The Mill – 154 Angas Street, Adelaide**.

Shortlisted finalists will have their artwork on display at The Mill from 29 September to 12 October which is open daily from 10am to 4pm.

For details, please visit: [www.chartsawards.com.au](http://www.chartsawards.com.au)

**Best of luck to all Unity Housing CHARTS entrants!**



**CHARTS**  
Community Housing Art Awards South Australia

## FROM THE Editor's desk

Welcome to the August 2023 edition of *Around the House*.

Anticipating warmer Spring weather ahead, we reflect with a thankful heart on some recent tenant updates and events, while also highlighting a few upcoming community events you may be interested in joining.

If you're looking for a little inspiration, keep an eye out for our featured tenant, Alison, who talks about her beautiful dog Sky, shares a heartwarming story, and her recent academic accomplishment.

As eating well can often be a challenge for many, we joined the Naracoorte community as they satisfied several hungry appetites while also learning how to cook a few tasty meals on a budget. There's also Aaron's Hungarian Goulash from Our Community Cookbook you can try. Want to join in the fun? Find details inside if you would like to join our monthly cooking group.

With so much happening, we also salute the efforts of The Terrace Boarding House community which recently celebrated the successful completion of their 2nd annual garage sale, our April movie competition winners, and everyone who is participating in the Facebook like and follow our page promotion.

Looking for a creative outlet and want to get involved? Read on for details regarding the relaunch of the Adelaide Art Collective and learn how you can showcase your artistic talents by entering our annual Christmas card contest.

There is a nice feature on Canopies for the Community from Mark's garden, and details on how you can participate in the program to beautify your west side property.

If you would like to submit content for the next issue of *Around the House*, please send your contribution to [editor@unityhousing.org.au](mailto:editor@unityhousing.org.au).

## Thank you Giselle



Unity Housing is proud to extend our gratitude to Giselle, our esteemed Tenant Editor, for her exceptional service over the past seven years. As Giselle retires from this role, we want to acknowledge her invaluable contributions to our Tenant magazine, with over 20 beautifully crafted articles showcasing her exceptional writing skills. Giselle has done an amazing job of attending tenant engagement events and giving us firsthand insights into the remarkable opportunities we offer our tenants. We gave Giselle a heartfelt farewell lunch on Friday 5 May where we presented her with a thank you plaque and a bouquet of flowers. We will all miss you, Giselle.

*Thank you for being part of our team.*



## NEW TENANT EDITOR WANTED

*Around the House* is looking for a new tenant editor which is a great way to help keep the Unity Housing community informed and entertained. Although occasionally working under deadlines, your skills would not require a very large time commitment overall with three editions per year. Play a leading role in shaping the stories that appeal to the wider community and be recognised for your leadership as each edition is published.

If you would like to get involved, and have experience with writing and editing, please contact:  
**[t.burden@unityhousing.org.au](mailto:t.burden@unityhousing.org.au)**  
before Friday 1 September if interested.



# Office relocation and operations update

The Adelaide metropolitan-based Unity Housing team now anticipate moving to the new Bowden office, currently under construction on the corner of Gibson Street and Second Street, later this year.

Located near the CBD, the facility is close to public transport including bus, train and tram.

Tenants can still connect with their Housing Officer and Maintenance Coordinator for support by phone and email using the current contact details.

If you would like to meet with Unity staff, please contact them to make arrangements.



For more information about our move, please visit our website [www.unityhousing.org.au](http://www.unityhousing.org.au)  
We look forward to welcoming you to our new office location soon!

# BOWDEN

## Neighbour Day 2023: Garage sale a success at The Terrace

On Saturday 6 May, The Terrace boarding house tenants and staff came together as a team for what has become the annual Garage Sale Neighbour Day event. While winter weather threatened attendees early during the 3-hour event, blue skies soon opened as warm smiles and sales replaced the many umbrellas previously on full display.

The event was attended by tenants, Unity Housing staff, and approximately 50 interested shoppers including children and a few furry friends. Goods to the value of \$480 were sold, deeming the day a huge success for the event's second run!

A variety of items including flowers, herbs, books, artwork, clothing and homewares were sold as live music, coffee and a sausage sizzle kept patrons entertained and well fed.

Even a few friendly neighbours attended with some returning from the success of last year's event.

Tenants who sold their own goods and crafts kept 100% of their sales, while money raised from selling donated items will go towards boarding house activities that benefit tenants – such as social outings.



Goods to  
the value of  
\$480 were  
sold



A big thank you goes out to everyone who participated and helped to organise the event.  
We hope to see you there next time!

# 2023 Christmas Card Artwork Competition

*showcase your artistic talent*

Unity Housing would like to highlight your creative and artistic talents on our 2023 Christmas card.

**Prizes for winning entries will be awarded to the value of:**

**1st prize: \$300**

**2nd prize: \$150**

**Highly commended: \$50**

Use any medium you like (that can be reproduced onto the Christmas card)  
– the sky is the limit!

## Christmas Card Artwork Entry and Consent Form

I agree that my artwork may be used for Unity Housing marketing purposes and on the Unity Housing website and that my artwork will remain the property of Unity Housing.

PLEASE PRINT

Name:

Address:

Phone:

Email:

Signature:

Date:

Secondary contact (in case we can't reach you)

Name:

Number:

- Open to all Unity Housing tenants
- Dimensions: from A5 (14.8cm x 21cm) up to A3 (29.7cm x 42cm)
- Take your completed artwork to your nearest Unity Housing office along with the completed entry form
- Entries close Friday 13 October

Christmas card production costs will be the responsibility of Unity Housing. For more information or if you need assistance to get your artwork to an office, please speak to your Housing Officer.

### **Terms and Conditions**

Entries will be judged by a panel. All artwork submitted must be the artist's own work and will remain the property of Unity Housing. Christmas card production costs will be the responsibility of Unity Housing.



# Aaron's Hungarian Goulash



Prep: 25 minutes



Cook: 2-3 hours



Serves: 4 – 6

## Ingredients

- 700g stewing steak
- 2 chorizo sausages chopped roughly
- 1 large onion
- 1 red capsicum
- 1 green capsicum
- 2 Tbsp sweet paprika
- 300ml beef stock
- 4 potatoes (cut chunky but can cut how you prefer)
- 2 tomatoes diced
- 150ml sour cream (for serving)
- salt and pepper



NOTE

*The longer it is cooked, the better. This meal could also be done in a slow cooker – just pop all ingredients in together.*

## Cooking steps

1. Roughly chop and braise steak (braise steak separately).
2. Braise onion, capsicum and chorizo, add paprika and salt and pepper.
3. Put all ingredients in a pot with the stock and tomatoes.
4. Bring to the boil then reduce to a simmer with lid ajar.
5. Slow cook for 2 to 3 hours.
6. Dish is ready when all veggies are soft and tender with a fork.



Download this tenant recipe  
and more from  
**Our Community Cookbook.**

Join  
**The Cooking  
CLUB**

Every month, participants suggest what to cook during the following month and, where possible, a tenant takes the lead on cooking the recipe. The group meets monthly on the last Friday of each month.

If you would like to join The Cooking Club, please contact **Lesley** on **0439 310 434** or email **l.standaloft@unityhousing.org.au**.

*We would love to see you there!*







Highlighting a key purpose of Unity Housing to create tenancies that promote independence within sustainable communities, Alison (a south-side tenant since 2005) recently earned her Bachelor's Degree from Flinders University specialising in Media Arts.

Living by the code, "The only limitations are the limitations you put on yourself," she is the first person in her family to attend and graduate from university – something her family is enormously proud of.

Having long enjoyed watching documentaries, Alison dedicated several years of her life towards learning the process of how to produce documentaries of her own. Something she hopes to be more involved with in the future.

Alison was born with cerebral palsy and has paraplegia, but she has always been very independent. Now taking some time off from study, she shares her world with Sky, a 6-year-old Jack Russell who almost never leaves her side.

Meeting Alison for the first time, one thing you may notice right away is her cheerful personality, and colourful hairstyles that change often. She likes to contribute to the community and does not let obstacles stop her from reaching her goals.

Some of her other interests include photography, supporting the Essendon Bombers, connecting with friends and family, and going to the beach when the weather is nice.

Her future plans include the possibility of further study and working on a documentary film of her own.



## Canopies continues to come alive



CANOPIES FOR THE  
COMMUNITY

When Mark moved into his house in Findon, the garden was completely bare. Over time, Mark built up the garden with low maintenance plants and trees that require very little watering. Mark's front and back yards are now a wonderful pop of colour and a delight to look at. When speaking to Mark his passion for gardening is very evident, telling us, "You don't know how much a garden might change your life until you have one. It enriches your environment, just like putting a picture on a wall."

Mark and some other tenants are keen to start a Gardening Group.

If you live in our western metro region and are interested in gardening, or would like to learn more about gardening, contact **Lesley** on **0439 310 434** or email [l.standaloft@unityhousing.org.au](mailto:l.standaloft@unityhousing.org.au)



# All Welcome at The Adelaide Art Collective

The Adelaide Art Collective is an opportunity for tenants with an interest in art to come together, socialise and learn new skills. Share your art and knowledge each month through demonstrations and collaborative art projects. The group meets monthly and all age groups, abilities and art mediums are welcome. Unity Housing will provide some basic starter materials, but you should also bring your own art supplies.



If you would like to join The Adelaide Art Collective or to find out more, please contact **Amanda**, Tenant Engagement Officer, on **0427 445 723**.

## Keeping you and your family fire safe!



**Smoke Alarm Solutions®**  
PROTECTING AUSTRALIANS

Every year, Unity Housing contracts Smoke Alarm Solutions to help us test the smoke alarms in your home to know that they are working properly. This is important to keep you and your family fire safe.

We have asked Smoke Alarms Solutions to contact you to make plans to enter your property so they can test and service your smoke alarm.

Their technicians will be wearing a uniform, will carry photo identification with them at all times and have successfully passed a Police clearance. They are also professionally trained and drive company vehicles that have, '**Smoke Alarm Solutions**' branding on them.

It is important that you answer their phone call or text message so you can tell them a day and time that suits you to have your smoke alarms tested.

We ask that you join with us at Unity Housing and the Smoke Alarm Solutions team to ensure the ongoing safety of your home!

## Facebook like and follow contest winners selected



Congratulations go to our Facebook contest winners  
**Tomi, Lucy and Dehanna!**

Tomi, our first prize winner, was very excited to receive his \$100 voucher and will use the money to buy more seed for the many birds who feed at his Birdie Num Num Café & Spa. Each winner was selected at random from those who took up the challenge to follow our new Facebook page.

**Don't forget to join us by liking and following our page.**

Join the Unity Housing community on Facebook, or email Leslie at [l.standaloft@unityhousing.org.au](mailto:l.standaloft@unityhousing.org.au) to join our Cooking or CHARTS Facebook groups.



## Let's go digital



By choosing to receive your editions of *Around the House* via email, you'll help the environment by reducing the amount of paper we use.

### Email

[editor@unityhousing.org.au](mailto:editor@unityhousing.org.au)  
with your full name and preferred email address and enjoy reading *Around the House* from your inbox.



**We're using text messages more frequently to communicate with you!**

→ Hello from Unity Housing

## Congratulations to our Family Movie Pass winners!

Our lucky winners have been announced for our Family Movie Pass competition – **Zachary, Alicja, Raekhal, and Ana!**

Make sure to stay tuned for future competitions by checking out *Around the House* or following us on Facebook. Don't miss out on your chance to win big!

