



5-ingredient chicken piccata

Step 1: Place a chicken fillet between 2 sheets of plastic wrap. Use a meat mallet or rolling pin to gently pound until 1.5cm thick. Repeat with the remaining chicken. Season well.

Step 2: Heat 10g butter in a large non-stick frying pan over high heat. Cook the chicken, in 2 batches, for 2 mins each side or until golden brown and just cooked through. Transfer to a plate and cover with foil. Reduce heat to medium.

Step 3: Add remaining butter to the pan. Cook, stirring, for 2-3 mins or until butter melts and is golden brown.

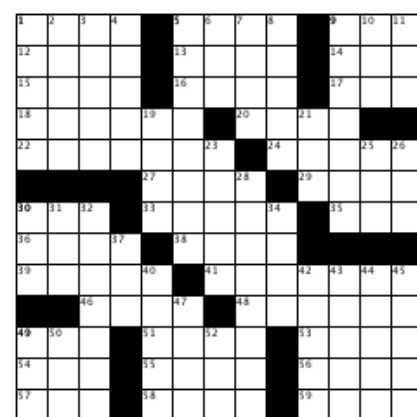
Step 4: Add capers and cook for 1 min or until crisp. Add lemon juice and half the lemon zest. Swirl to combine. Return chicken and any juices to the pan. Cook, turning occasionally, for 2 mins or until chicken is cooked through and sauce thickens slightly. Sprinkle with parsley. Gently shake the pan. Remove from heat.

Step 5: Serve the chicken sprinkled with remaining lemon zest.

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Challenge your mind.....



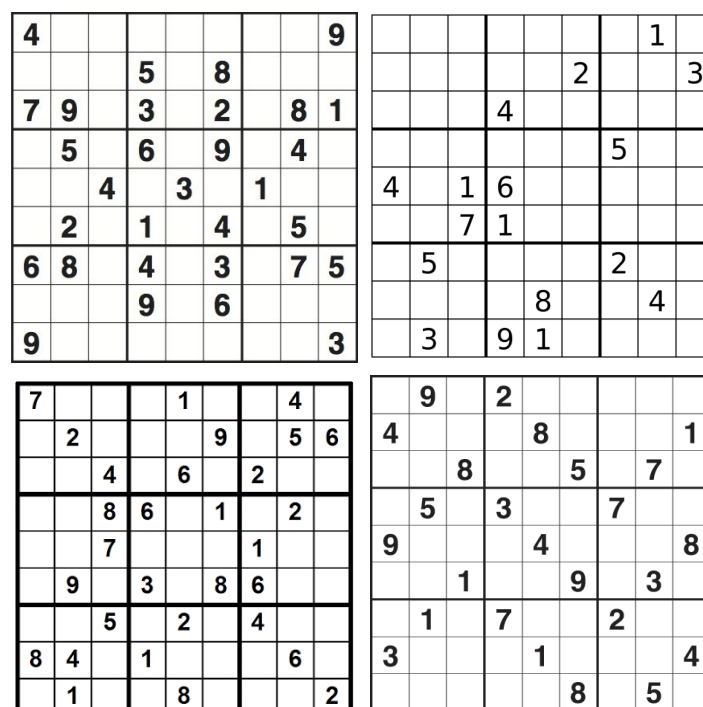
ACROSS

1. Related by blood
5. Beige
9. Having a high temperature
12. Prefix for small
13. Part of speech
14. Very skilled person
15. Plot of ground
16. Throw
17. Child
18. Consisting of lines
20. Not difficult
22. Appears
24. Long
27. Apiece
29. Authentic
30. Tooth-bearing bone

DOWN

1. Plentiful
2. Middle East rug
3. Silly
4. Saltpeter
5. Plea
6. Dove sound
7. Trick
8. Retract
9. Line for hoisting a sail
10. Wood sorrel
11. Spread out for drying
19. Matures
21. Become firm
23. Go away
25. Regret
26. Of recent origin
28. Mercenary
30. Dance
31. Part of verb to be
32. Combat area
34. Persian fairy
37. Not
40. Filbert
42. Knot
43. Eskimo dwelling
44. Deadens
45. Tenuous substances
47. Public swimming pool
49. Very small
50. Pronoun
52. Cardinal number

Sudoku



Better
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Better Places Stronger Communities News

February, March and April 2018



Happy New Year from all the team at Elizabeth Grove! We hope your Christmas break was enjoyable and safe and you got a little bit spoilt!

What a finish to 2017 we had! We held a wonderful Christmas celebration at Burgate St reserve on Tuesday December 5. More info and highlights on page #2.

During the Christmas event we gave you the opportunity to share some of your highlights of 2017 and what you are looking forward to in 2018. Thanks must go to all of you who gave us your valuable input, we will now look to action some of the things you mentioned and start discussions within the Community Leadership Group about how to make this happen, see page 4 for some of your comments.

School has just gone back so look at page 11 to see some hints and tips to help manage the transition back to school seamlessly.

The garden competition has kicked off and nominations have been extended until the 28th of February. See more details on page 5.

Throughout the next few months there are so many special days to celebrate, so get together with your friends and neighbours and celebrate! If you do Celebrate big or small we would love to hear about it and share some photos!



Some of the special days include;
March 8th International Women's Day
March 15th Close the Gap Day
March 20th International Day of Happiness
March 21st Harmony Day (go orange for Harmony)
March 25th Neighbourhood Day
March 18th-25th Cultural Diversity Day

April is go Blue for Autism Month
April 1 World Autism Awareness Day
April 13th to 22nd is National Youth Week
April 28th Pay it forward day

May is Domestic and Family Violence Prevention Month
May 12th International Nurses Day
May 15th International Day of Families
May 15th - 21st National Families Week
May 26th National Sorry Day
May 21st - 27th National Volunteer Week
May 27th - June 3rd National Reconciliation Week

As you can see there is always something to celebrate! Throughout the Playford Community there are lots of opportunities to get involved and loads of services and community groups doing something so make sure you get involved.

Enjoy the newsletter and please let us know if there if you have any questions or you would like to get involved.



Maintenance Issues?

If you have any maintenance issues that need to be addressed be sure to call AnglicareSA Housing Maintenance on **8118 2677**.

For all other tenancy related questions you can contact your tenancy officer at the Grove office by calling **8409 3666**

'Better Places Stronger Communities News' is produced for BPSC tenants by the BPSC Team
Shop 1, 60 Fairfield Road, ELIZABETH GROVE 5112, Phone: 8409 3666

Contributions and suggestions are most welcome....

Coordinator: Leonie Fuchs (8409 3660) or lfuchs@anglicaresa.com.au

If you wish to receive this Newsletter electronically please email lfuchs@anglicaresa.com.au

Community Christmas Celebration



What a fantastic day we had on December 5th at our Community Christmas celebration! With perfect weather over 370 people attended the event and had a magnificent day in the park. Santa gave out almost 200 gifts to local children and there were many other great attractions on hand. A big thanks to the CLG for their support with set up, pack up and the organisation of the day and we look forward to many more events throughout the year.

We also want to thank you for the feedback you gave on the best bits of 2017 and what you would like to see in 2018. There were some great suggestions for the next year and we are so glad that you are enjoying the work that is being done in your community.

A big thank you to the Community Leadership Group and some other residents who showed their sense of pride in their community as we had the whole park packed up and tidied within half an hour of the event finishing.

Some of your comments have been put up on page 4. Be sure to have a look and let us know if there is something else you are looking forward to in 2018.



COMMUNITY AWARDS



CONGRATULATIONS to our 2017 Community Award Winners. Awards were handed out for community members who have made a significant contribution to their local area and have assisted AnglicareSA with organisation, preparation and co-ordination of events.

The winners of awards were;
(Pictures Clockwise from top left)

- **Deborah Dickman** - Initiating the craft group and involvement in the Community Leadership Group
- **Rhonda Smith** - Involvement in Cooking group, assistance at events and Community Leadership Group.
- AnglicareSA Head of Community Engagement Sue Christophers with **Seyed Meshkati** - Assistance at community events and sharing culture through cooking

Not pictured winners were

- **Derek Butler** - Initiating the garden competition, involvement at community events and Community Leadership Group and
- **Keri Murphy** - Initiating the craft group and involvement in the Community Leadership Group.

Well done to all the winners and thank you for your efforts last year. We look forward to recognising the efforts of more community members again later this year so see the Community Development team as to how to be involved.

ANGLICARESA

Walking to School

Children are generally ready to start walking to school at 9 to 11 years of age.

Make sure your child's walk to school is a safe route with well-trained adult crossing guards at every intersection.

Be realistic about your child's pedestrian skills. Because small children are impulsive and less cautious around traffic, carefully consider whether or not your child is ready to walk to school without adult supervision. If the route home requires crossing busier streets than your child can reasonably do safely, have an adult, older friend or sibling escort them home.



8 SIMPLE BACK TO SCHOOL TIPS

Getting a new school year off to a good start can influence children's health, attitude, confidence and performance socially and academically. Set your child up for success this school year.

- 1 START IMPLEMENTING REGULAR BEDTIME**
- 2 RE-ESTABLISH REGULAR MEALTIMES**
- 3 BUY SCHOOL SUPPLIES EARLY**
- 4 CREATE A CALENDAR WITH UP COMING EVENTS**
- 5 START LIMITING SCREEN TIME**
- 6 TURN OFF TV**
- 7 SELECT A SPOT TO KEEP BACKPACKS**
- 8 DESIGNATE A CLEAR SPOT TO DO HOMEWORK**

REMAIN CALM AND POSITIVE

WWW.SCREENTIMESUP.COM

Have you got your sports voucher yet?

What is the Sports Vouchers program?

The Sports Vouchers program is a Government of South Australia initiative administered by the Office for Recreation and Sport. The program provides an opportunity for primary school aged children from Reception to Year 7 to receive up to a \$50 discount on sports membership registration fees. The purpose is to increase the number of children playing organised sport by reducing cost as a barrier to participate in sport.

Who is eligible for the program?

All South Australian primary school aged children, meaning if the child is attending or is eligible to attend primary school. Remember it is one voucher for every primary school aged child per calendar year.

How does the program work?

There are currently two methods of claiming a voucher. The method depends on the providers system. Some sports and providers have online registrations, claiming the voucher has been integrated into their systems.

If the provider does not have the voucher integrated into their online registrations, you'll need to download the [voucher](http://www.sportsvouchers.sa.gov.au) from <http://www.sportsvouchers.sa.gov.au>.

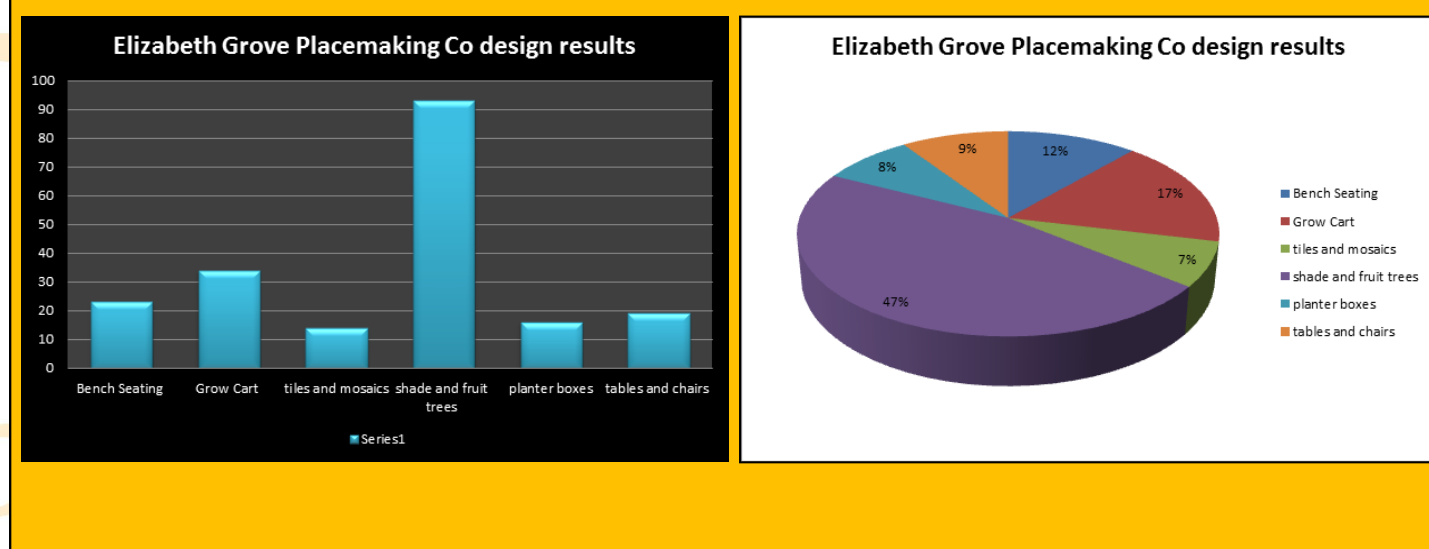
Once completed, take the voucher to an approved provider to receive a discount on the fees when you register at the provider. Providers access the secure Voucher Portal to redeem vouchers and receive reimbursement.

Elizabeth Grove Placemaking Co-design Results

Over the past few months we have had some opportunities for the local community to help us determine the direction of some local beautification projects that we are looking to begin around the local Elizabeth Grove shops. If you came down you might have seen posters with stickers on them that looked a little bit like this.



We have accumulated all of the votes for each category and the results are below. We had lots of community involvement in this plan so thank you for everyone who voted.



From here there is still some planning work and preparation for the potential works to begin. We will be looking for more community involvement along the way and especially come time when we are looking to start the physical work.

If you would like more information about the project or would like to volunteer in any capacity to assist with the roll out of the work then please get in touch with the Community Development team on 8409 3666.



WE NEED YOU

ANGLICARESA

ILLEGAL DUMPING

Illegal dumping is a major issue in the Playford area and in the Elizabeth Grove and Elizabeth Vale areas we see a lot of this. It is a costly exercise to clean up the illegally dumped rubbish so we are calling upon you to help us to eradicate it from your area. According to data from Clean up Australia, South Australian councils spend in excess of \$1.5 Million each year to clean up illegally dumped rubbish. AnglicareSA spent \$5,000 last financial year on illegal dumping in our areas alone - imagine what we could have spent that money on!

The penalties imposed by the Environmental Protection Authority can be significant for illegal dumping, individuals can be fined up to \$500,000 or even sent to prison for a maximum of 4 years! That's a heavy price to pay for getting rid of some old furniture!

Playford council allows one free hard rubbish collection per year and you can choose one of two months to arrange that collection. Hard rubbish collection dates are shown in the table below, as you can see Elizabeth Vale tenants will have an opportunity to get rid of their hard rubbish in February so to book a collection please call NAWMA on **1800 111 004** or **08 8259 2100**.

BOOKINGS ARE ESSENTIAL.

Suburb	Month
Andrews Farm	January or July
Angle Vale	January or July
Bibaringa	March or September
Blakeview	March or September
Bucklands Park	January or July
Craigmore	May or November
Davoren Park	May or November
Elizabeth	April or October
Elizabeth Downs	January or July
Elizabeth East	April or October
Elizabeth Grove	June or December
Elizabeth North	April or October
Elizabeth Park	June or December
Elizabeth South	February or August
Elizabeth Vale	February or August
Gould Creek	April or October
Hillbank	April or October
Hillier	March or September
Humbug Scrub	March or September
MacDonald Park	January or July
Munno Para	March or September
Munno Para Downs	March or September
Munno Para West	March or September
One Tree Hill	March or September
Penfield	March or September
Penfield Gardens	March or September
Sampson Flat	March or September
Smithfield	February or August
Smithfield Plains	February or August
Uleybury	March or September
Virginia	March or September
Waterloo Corner	January or July
Yattalunga	March or September

Reporting Illegal Dumping

There are multiple ways that you can help to eradicate illegal dumping. Ensure you have as much detail as possible on the person dumping;

- Name and address (if known)
- Car registration, colour, make and model
- Location and items of material dumped

Once you have that information (and even if you don't) you should make a report of the dumping. Again, there are multiple avenues for that report.

- Call Playford council on 8254 0333 and they will then come and investigate the material and will look to identify it and potentially prosecute the owner if there is evidence of the dumping,
- Call the Environmental Protection Authority pollution and illegal dumping hotline on 8204 2004 or,
- Download the 'Dob in a Litterer' App on your smart phone and make a report through utilizing the app.



What you said...

What were the best bits of 2017?



What would you like to see in 2018?



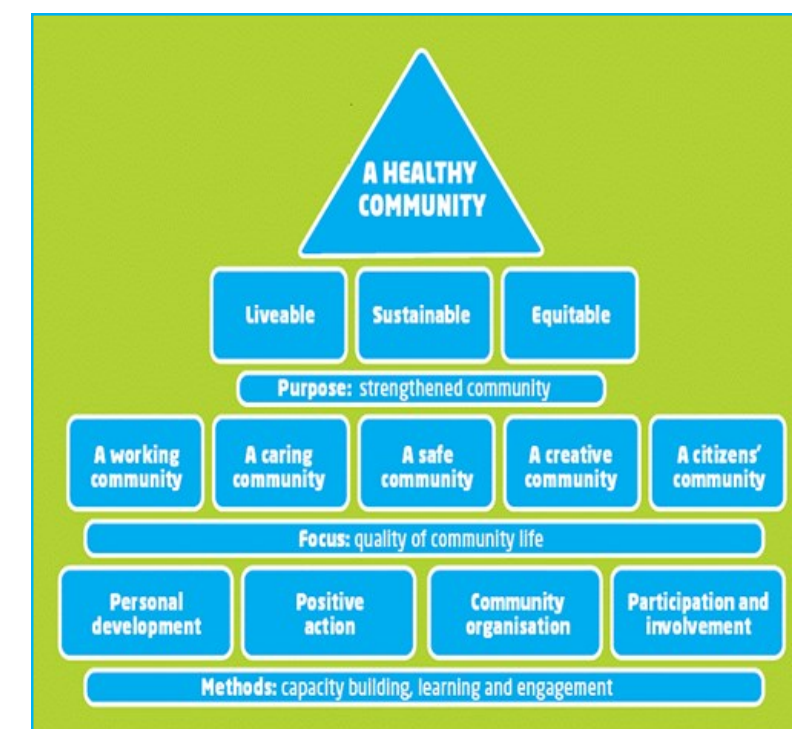
What is Community Development?

Community development is a way of strengthening civil society by prioritising the actions of communities, and their perspectives in the development of social, economic and environmental policy. It seeks the empowerment of local communities, taken to mean both geographical communities, communities of interest or identity and communities organising around specific themes or policy initiatives. It strengthens the capacity of people as active citizens through their community groups, organisations and networks; and the capacity of institutions and agencies (public, private and non-governmental) to work in dialogue with citizens to shape and determine change in their communities.

It plays a crucial role in supporting active democratic life by promoting the autonomous voice of disadvantaged and vulnerable communities. It has a set of core values/social principles covering human rights, social inclusion, equality and respect for diversity; and a specific skills and knowledge base.

Good community development is action that helps people to recognise and develop their ability and potential and organise themselves to respond to problems and needs which they share. It supports the establishment of strong communities that control and use assets to promote social justice and help improve the quality of community life. It also enables community and public agencies to work together to improve the quality of government.

<http://www.scdc.org.uk/who/what-is-community-development/>



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Pay it forward day April 28th

There is tremendous power and positive energy in giving – it is a shame that not enough people have experienced it to the fullest. Pay It Forward Day is about all people, from all walks of life giving to someone else and making a positive difference.

So why Pay it Forward?

- To encourage all of us to embrace the incredible power of giving.
- To show each other that care and that there is love, hope and magic all around us.
- To know that we may be only one person in this world, but to one person, at one time, we are the world.

Make a difference and experience the true power of giving. Together we can change the world – one good deed at a time!

For more information go to;
<https://payitforwardday.com/about/about-the-day/>



What is reconciliation?

Reconciliation is about building better relationships between the wider Australian community and Aboriginal and Torres Strait Islander peoples for the benefit of all Australians.

To create positive change we need more people talking about the issues and coming up with innovative ideas and actions that make a difference.

For more information and resources visit:
<https://www.reconciliation.org.au/about/>

Craft & Activities in the Grove

Come and join our craft group that started in 2017. This group is run by two very creative community members with a passion for all things crafty and a love for their community. They enjoy coming up with new ideas and supporting social connection every fortnight!

So if you like to get lost in creativity? You would like to get out the house and lose yourself in two hours of craft and activities make sure you come along. No craft experience necessary. All welcome.

Starts: February 9th 2018
When: Friday fortnight during school terms
Time: 10am to 12pm
Where: PLASTER 'N' THINGS, SHOP 3/60A FAIRFIELD ROAD, ELIZABETH GROVE, 5112
Cost: Free

For more information or to register your interest please contact Keri on 0431 765 806



Grove Community Markets

In December we supported the Elizabeth Grove Community Markets. Santa joined us and gave out presents to some lucky children, there was glitter tattoos provided by Playford Communities for Children.

There were over 35 stalls with a large variety of things to look at and buy including food, jewelry, craft, and plants. There were fun activities for the children including jumping castle, face painters and a visit from the Metro Fire Services.

Come down and see what is on offer at the next markets Saturday 10th February 2018



AnglicareSA Garden Competition has been...

EXTENDED

Nominations can be made until Feb 28. There are 6 chances to win and for each category you could win a \$150 Bunnings voucher!


ANGLICARESA
COMPETITION

Better Places Stronger Communities Garden Competition

Nominations for the 2017 Better Places Stronger Communities Garden Competition are now open!

The Garden Competition is held to recognise local gardeners and encourage community interest in local gardens which enhances the presentation and liveability of our community.

The competition is an opportunity for tenants to showcase their gardens and have their enthusiasm and hard work recognised. If you dig gardening, it's time to showcase your green thumb and enter the Garden Competition.

We strongly encourage entries from young aspiring green thumbs to older green thumbs, individual gardeners, families, community groups, different cultural groups, gardeners with different abilities.

Nomination forms are available at the Elizabeth Grove local AnglicareSA office.

The categories are:

- Best small garden or container garden;
- Best produce garden;
- Best lawn;
- Best colourful garden;
- Best overall garden; and
- Best community garden.

Win 1 of 6 Bunnings Vouchers



Better Places Stronger Communities

ANGLICARESA
COMPETITION

Better Places Stronger Communities Garden Competition

Nomination Form

YOUR DETAILS

Name: _____
 Garden address: _____
 _____ Postcode: _____
 Phone: _____
 Email: _____

☐ I have included a photograph of the garden with the nomination form.

WHICH CATEGORY ARE YOU ENTERING?

- ☐ Best small garden or container garden
- ☐ Best produce garden
- ☐ Best lawn
- ☐ Best colourful garden
- ☐ Best overall garden
- ☐ Best community garden

I consent to my garden being nominated and included in the 2017 Better Places Stronger Communities Garden Competition. I understand and agree to the Conditions of Entry and approve my name, address and photograph being used for the purpose of promoting this competition.

Owner/ Tenant's
 Signature: _____
 Date: _____

COMPETITION DETAILS

CONDITIONS OF ENTRY

- The garden must be located within the Elizabeth Vale and Elizabeth Grove areas.
- A completed and signed nomination form together with a photograph (electronic or hard copy) of your garden must be submitted.
- The garden must be accessible to the judging panel.
- One nomination per address, one category per nomination. However, the judges reserve the right to change the category of an entry at their discretion.
- Nominations close on
- Judges decision is final.

SUBMIT YOUR NOMINATION FORM

- email to:
- post to: Shop 1/60 Fairfield Road Elizabeth Grove SA 5112

Better Places Stronger Communities

To nominate your garden simply come to the AnglicareSA housing office at 1/60 Fairfield Road, Elizabeth Grove and collect one of the nomination forms (pictured left), fill it out with your details and pop it into the box at the front counter.

You can also take some pictures of your garden and if you can't print them off and add them to your nomination you can email them to the Community Development team (just call and ask for our email address).

Judging will take place shortly after the nomination close date and winners will be notified by phone and a presentation will be made a Community BBQ at a later date.

Get gardening and GOOD LUCK!



ANGLICARESA

INVITATION

ANGLICARESA
Housing Services

Women's Wellbeing Group

Come and join the Women's Wellbeing group, take some time out for yourself and get to know like minded women in your community. Fun activities and wellbeing information in a safe and supportive environment.

Some activities may include pamper days, arts and craft, yoga and relaxation, health information with guest speakers determined by the group.

Crèche available - please RSVP if you require crèche

WHEN

Every Wednesday during school terms

TIME

9:30am – 11:30am

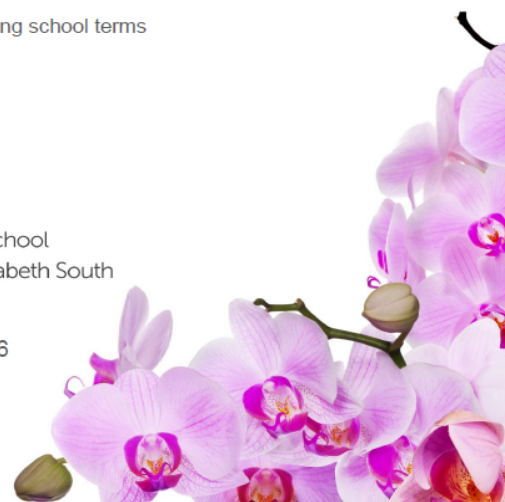
WHERE

St Mary Magdalene School
82 Fairfield Road, Elizabeth South

CONTACT

Denise on 8409 3666

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Garden Tool Library

AnglicareSA and Lutheran Community Care Working together to support the Community

Tools are available to borrow on a fortnightly basis from various locations outlined below.

Tools include: Whipper snippers, lawn mowers, rakes and outdoor brooms

Time: 9:30am– 12:00pm

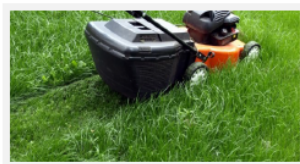
Locations and dates:

Haslam Caretaker Hut
Poplar Drive, Elizabeth Vale

24th Jan, 21st Feb, 21st March,
18th April, 16th May 2018

Mahood Street
Mahood street, Elizabeth
Grove

7th March, 2nd May 2018



Secombe Reserve
Secombe Road, Elizabeth
Grove

7th Feb, 4th April and 30th May
2018

Call the Community Development
Team on 8409 3666
for further information

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Peachey Place Living Skills Centre
20 Heytesbury Road
Davoren Park SA 5113
Tel: 08 7070 0711
Email: davorenpark@locare.org.au



Come along in 2018 and get involved in the Community Leadership

You are invited to share your ideas on how to shape your community
at AnglicareSA's Community Leadership Group.

Come along and voice your thoughts, ideas about how together we can
improve spaces and places in your local area.

Why join the Community Leadership Group?

- ✓ Meet other likeminded people
- ✓ Get involved in your community
- ✓ Have your ideas heard and discussed
- ✓ Develop new skills and access supported professional and personal development opportunities
- ✓ Develop a sense of ownership and responsibility for your local area.



Meetings will be held on Fridays, 12:00pm- 2:00pm

9 th February	27 th July
24 th March	7 th September
4 th May	19 th October
15 th June	30 th November

For Further information and to register your interest
please contact the Community Development Team on
8409 3666

- LUNCH IS PROVIDED -

Better
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Communities

ANGLICARESA
Housing Services

Ready Steady Cook!

- Got some ingredients at home?
- Want to learn how to make do with what you got?
- Come along and have some fun with 5 ingredients
- Each fortnight.. 5 new ingredients to play with!

DATE 2nd Feb, 16th Feb, 2nd March, 16th March, 30th
March, 13th April 2018

WHEN Every Friday Fortnight 11:00am to 2:00pm

WHERE Elizabeth Vale Soccer Club,
82 Mofflin Road, Elizabeth Vale



RSVP Please contact the Community Development
team on 8409 3666 for further information

Better
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Communities

Elizabeth South Community Centre info....

LEGO CLUB

EVERY MONDAY
DURING SCHOOL TERM
3.15PM - 4.30PM

**FREE**

KIDS CLUB

CRAFT GAMES SNACKS

Stories about God's Love

EVERY THURSDAY
DURING SCHOOL TERM
3.15PM - 4.30PM

FREE

For school aged children only.

All Children must have appropriate forms filled
out before they join in.

Contact Meg on 8252 9354 for more information

Breakfast Together



Sunday Mornings
8.30am to 9.30am

Join us for a
**hot breakfast by
donation at...**

Hope Central Church
51 Goodman Rd,
Elizabeth South



Elizabeth South
Community Centre

Our community working together

What's happening?

Opening Hours

Monday - 9am to 4.30pm
Tuesday - 9am to 2pm
Wednesday - 9am to 2pm
Thursday - 9am to 4.30pm
Friday - Closed
Saturday - Closed
Sunday - Closed

Services Available:

Op shop and Cafe
.50c per cup of tea or coffee



Shop 14B,
Elizabeth South Shopping Centre
100 Philip Hwy, Elizabeth South
Call 8252 9354 for more information
Email: elizabethsouthcc@hotmail.com

Monday Morning Mayhem

9.30am - 11.30am
Mondays

Come and enjoy a game of
darts, or a board game or a
game of cards.



GROW

Mental Health Support Group
Mondays
12.00 noon – 2.00pm

Krafty Korner

Tuesdays
10.00am – 12.00noon
ALL WELCOME!

Come and create something crafty with us,
or bring your own craft to do.
Enjoy a relaxed social time with others, and no
experience is necessary!
Feel free to come and go as you please

DO YOU LIKE KNITTING?

Come Knit trauma teddies with us

Wednesdays
10.00am - 12 noon



Call 8252 9354 for more information.



Come and enjoy a game of Carpet Bowls

Wednesdays
10.00am – 12.00noon

At
Shop 14B,
Elizabeth South Shopping Centre
100 Philip Hwy, Elizabeth South

Call 8252 9354 for more information
Email: elizabethsouthcc@hotmail.com