

STCLAIR

Editor's Note

With Winter upon us, and some changes in the way we've been living recently, the team at St Clair has compiled a range of activities that you can do in your very own home to keep you entertained!

Whether you are interested in gardening, cooking or getting fit, there's something for everyone, including big batch-cooking ideas and some indoor exercise inspiration that can get you through winter too even if life returns to 'normal'.

Because we need to keep up a certain level of social distancing to stay safe, it's still easy to stay connected to friends and family whether it be by phone, virtual catch ups or even traditional snail mail. Perhaps a walk or an outdoor activity like a picnic could be a way of spending time with extended family or close friends.

Also, if you are a St Clair resident there is a Facebook page especially for you, join today @StClairResidents. Share what's happening in your community, meet new neighbours and get insights into your community. It's another great way to stay connected.

For regular updates regarding the St Clair community please visit:
<https://www.avjennings.com.au/sa/st-clair-st-clair>

Kind regards,
Melissa Ashby
Marketing Executive

Community news.

Winter 2020

Edition 4



Kingfisher Townhomes – Over 80% sold!

The Kingfisher Townhomes are almost complete and now over 80% sold with purchasers set to move into their new homes in coming weeks.

The two-bedroom homes sold out very quickly with the remaining homes either open plan downstairs or the enclosed kitchen / dining option.

Priced from **\$430,000** these homes offer fantastic value for the first

home buyer, downsizer or investor.

Call Joel on 0437 897 703 for more information, floorplans and availabilities or to arrange a private viewing.

Our next release of 11 Townhomes will be on Grace Crescent later this year. Register your interest now to be the first to receive release dates, floorplans and pricing.

COVID-19 Update

South Australia has had a great response to the Covid-19 out-break and we applaud you for keeping the spread of Covid-19 in our community so low. With restrictions lifting regularly it's important to not forget the basic rules to ensure the continued reduction of new cases and eradication of Covid-19 in SA.



Please continue to:

- Wash hands thoroughly with soap and warm water for at least 20 seconds and dry thoroughly
- Avoid touching your face, eyes, nose and mouth
- Use hand sanitiser regularly
- Cover your nose and mouth with a tissue when you cough or sneeze OR cough or sneeze into your upper sleeve or elbow
- Maintain social distancing guidelines and keep a distance of 1.5m between each person when in public
- Avoid close contact and crowded places wherever possible and physical greetings such as handshaking, hugs and kisses
- Stay at home and only go out if it is essential
- Pay using tap-and-go instead of cash
- Limit any unnecessary travel or travel at quiet times

If you haven't already, download the COVIDsafe app. And for official, up to date information visit <https://www.covid-19.sa.gov.au/>

Stay safe!



Ideas to keep the kids entertained for hours indoors.

With cooler days coming and limited sporting activities, you may find yourself searching for indoor activities that keep the kids entertained, which is why the team at Eyre has put their heads together to give you some tips and tricks to keeping the kids busy!

- **Crafternoon**
Bring the art class home by pulling out some colouring books and breaking out the pencils, crayons and textas. No colouring books on hand? Don't worry, there are plenty of free colouring pages online, all you need to do is press print!
- **Letter writing**
In the age of technology, we're never far apart. Take it back to a simpler time and have the kids write letters to friends and family. This is a great way to work on their writing skills, while also giving loved ones a nice surprise.
- **Game Day**
It's time to grab all those boardgames that have been collecting dust on your shelf. The perfect way to keep kids entertained for hours, you might even find yourself getting involved.
- **Build a fort**
A classic rainy-day activity, create a fort that the kids can use to transport themselves to whatever world they desire.
- **Movie Marathon**
This is a great Friday 'treat' idea. Let the kids choose a movie each, microwave some popcorn and settle in for the afternoon.

Batch cooking recipe ideas.

Whether you're a seasoned meal-prepper, or just looking for a reason to test out some of those recipes you've put aside, batch cooking will be your saviour over the next couple of months. Put aside a few hours on Sunday and spend some time preparing larger portions of various foods that can be mixed and matched throughout the week. We've put together a few recipe ideas to get you started!



Balsamic Roasted Vegetables.

Eat this dish alone, on top of a salad, or with your choice of protein. Feel free to double, or even triple, this recipe depending on the size of your family.

INGREDIENTS

Vegetables

- 230gm mushrooms
- 1 red onion
- 230gm carrots
- 230gm parsnips
- 1 bunch radishes
- 1/4 bunch parsley (for garnish)

Balsamic Marinade

- 3 Tbsp olive oil
- 3 Tbsp balsamic vinegar
- 2 Tbsp brown sugar
- 2 Tbsp soy sauce
- 1/2 Tbsp Dijon mustard
- 1/2 Tsp dried basil
- cracked black pepper

METHOD

1. Preheat the oven to 200°C. In a small bowl, combine the olive oil, balsamic vinegar, brown sugar, soy sauce, Dijon mustard, dried basil, and pepper. Set the marinade aside.
2. Scrub or peel the carrots and parsnips, then slice them into 1-inch pieces. Wash the mushrooms and cut them in half. Peel the onion and slice it into 1-inch wide wedges. Wash the radishes, cut off their stems and roots, then slice each one in half.

3. Spread the prepared vegetables out over a large baking sheet, making sure they're in a single layer and not piled on top of one another. Pour the balsamic marinade over top, then toss the vegetables until they're all well coated.
4. Transfer the baking sheet to the oven and roast for 20 minutes. Carefully remove the baking sheet from the oven, give the vegetables a good stir, then return them to the oven and roast for an additional 15-20 minutes, or until the vegetables are tender and have browned on the edges. Don't be alarmed if the marinade blackens on the baking sheet, that part will not be scooped up with the vegetables.
5. While the vegetables are roasting, finely chop a handful of fresh parsley. Transfer the roasted vegetables to a bowl or serving platter and sprinkle the chopped parsley over top just before serving.

Balsamic Roasted Vegetables – Recipe source: <https://www.budgetbytes.com/balsamic-roasted-vegetables/>

Spinach and Potato Bake

This recipe can be eaten, fresh, refrigerated or defrosted! Eat alone or paired with a fresh salad.



INGREDIENTS

- 100g spinach
- 6 potatoes peeled
- 12 eggs beaten
- 600g pumpkin
- 300ml thickened cream
- 3 carrots chopped
- 1/2 cup cheese grate
- 60g butter

METHOD

- Preheat oven to 180C.
- Lightly grease a lasagne dish
- Cut potatoes, pumpkin and carrots into cubes.
- Heat butter in frying pan and add the vegetables. Cook covered for 10 minutes, stirring occasionally until golden brown.
- Add spinach and cook until wilted. Continue to cook until all the liquid has evaporated.
- Spoon into lasagne dish.
- Beat eggs and cream until combined.
- Season with salt or pepper and pour egg mixture over the potatoes and top with cheese.
- Bake for 35-40 minutes or until golden brown.



Top 5 fitness apps for indoor workouts

Being stuck inside doesn't mean you can't exercise. We've listed our top five fitness apps for indoor workouts that will keep you healthy from the inside out!

1. **Centr Fit:** Founded by Thor himself, Chris Hemsworth's fitness app Centr is offering a 6-week free trial and it's sure to get your blood pumping!
2. **Keep it Cleaner:** Dynamic duo Steph Claire Smith and Laura Henshaw's health and wellness program is offering free twice-weekly, equipment-free live workouts via the KIC Facebook page.
3. **Down Dog Yoga:** This fitness platform has several apps including Down Dog, Yoga for Beginners, HIIT, Barre, and 7 Minute Workout. Make the most of the varied exercises on offer!
4. **Nike Training Club** – Nike's official training app has made all its premium workouts free until further notice. You'll get 4-6 training plans to suit your fitness level, schedule and goals.
5. **Daily Workouts Fitness Trainer** – This free app has been around for years and still holds its own in the increasingly crowded health and wellness app industry.

Quick local reference guide:

- **Neighbourhood Watch** – St Clair Area Coordinator – Terry Rawson, P 0417 190 196, E terry.j.rawson@gmail.com
- **Police** – Your nearest station is in Port Adelaide. In an emergency dial 000. For police assistance, dial 131 444. To contact the station direct, call 08 8207 6444
- **Woodville Fire Station** – In an emergency dial 000
- **Woodville High School** – Principal Meredith Edwards, P 08 8445 9833 E whs.contact659@schools.sa.edu.au
- **St Clair Rec Centre** – www.stclair.ymca.org.au, P 08 7078 4184, E stclair@ymca.org.au
- **St Clair Village** – Centre Management P 08 8445 0157
- **SES** – Emergency assistance 132 500

We are in this together.

We're here to help.

Our team is here to help! You can contact us via phone or email. We're also available for private appointments. We're flexible!

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Refer A Friend

Turn your friends & family into neighbours & receive a **\$1,000 EFTPOS** gift card!

Having friends and family live close by is a reward in itself, but AVJennings is sweetening the deal with a \$1,000 gift card for St Clair purchasers and residents who successfully refer family or friends to purchase new land. That's a thousand more reasons to love your neighbour.

Call us on 131 878 to request a referral pack.



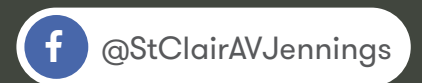
STCLAIR

Visit our Sales and Information Centre
294 St Clair Avenue, St Clair, SA, 5011

Call
Joel Macri: 0437 897 703

Open
Monday, Wednesday,
Saturday & Sunday:
12pm to 5pm

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