



### Cheap and easy activities to keep you busy this winter:

1. Watch a local game of AFL at Elizabeth Oval
2. Take the family for a swim at Aquadome, Elizabeth
3. Check out the amazing Adventure Playground in St Kilda
4. Visit the local library for one of its many weekly or monthly programs
5. Tuck yourself away in a warm spot and read a book
6. Get into the garden - prune now to encourage new spring and summer growth
7. Go for a Sunday drive to the Barossa Valley
8. Take your kids to check out the recently upgraded Greg Roth Reserve in Parafield Gardens
9. Catch the train to nearby Gawler for South Australia's biggest country show, 24-25 August
10. Take your favourite teddy to tea for the Teddy Bears Picnic at the Adelaide Zoo on Sunday 25 August

### Eyre 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 Eyre 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.



# Eyre

### Follow us on Facebook

New to the community? Stay informed with events, community updates and local news by following @EyreAVJennings on Facebook.

There is also a residents group called @EyreResidents to welcome everyone and make it easy to connect with your neighbours.

Join today!

# Community news.

### Winter 2019 Edition 2



# Eyre

**Visit our Sales & Information Centre**  
Cnr Womma Road & Edward John Parade, Eyre

**Call**  
John Booth: 0438 068 564

**Open**  
Mon - Wed 12pm to 5pm  
Sat - Sun 12pm to 5pm



### Title & Construction Update

There's lots of activity onsite and countless new builds are commencing each month, it really is exciting to see the Eyre community grow.

Stage 2A is now titled with ready to build on land and the construction of our latest stage 3B due to start soon.

A new pocket park is soon to start construction. To be located in stage 2A it will be a place for all residents to enjoy, not just those adjacent to it.

Should you have any questions or queries about the construction progress of your land, or the settlement process, please contact our Customer Service Officer:

**Stephen Bates.**  
E: [sbates@avjennings.com.au](mailto:sbates@avjennings.com.au)  
P: 08 8300 0724

# Your community developer.



## New Park for Eyre

A new pocket park is set to start construction soon at Eyre. Located in stage 2A (otherwise known as the Sturt Release)

the playground features junior play equipment including a much anticipated slide

and plenty of kick about space. It is due to be completed by December 2019.



## 5 Ways to Keep the Germs at Bay this Winter

Are you looking for ways to avoid being struck down by the flu? Although complete immunity can't be guaranteed, we have put together some top tips that might protect you from getting sick as we head into flu season.

The best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands regularly can help stop the spread of germs.

Below are five ways to keep the germs away and keep you healthy!

### 1. Maintain your immune system

The immune system protects your body from infection. When it's in tiptop shape and functioning properly, the immune system attacks threats such as flu viruses. For most people, the immune system does a good job of regulating itself.

But you can benefit your whole body, including your immune system by implementing healthy strategies. Make sure to consume a fruit and vegetable-rich diet, sleep for 7-9 hours each night and try and reduce stress.

### 2. Control humidity

A review of studies conducted

over the last decades shows that homes kept at 40-60% relative humidity are likely to have fewer flu viruses lingering in the air.

Available at most hardware stores and online retailers, hygrometers provide a digital readout of the relative humidity in your home and are compact and low-cost.

### 3. Disinfect surfaces

This idea is likely one you've heard many times before, but it is still one of the most effective and easy flu prevention methods. When disinfecting, think beyond the countertop and focus on the objects used most throughout the home. Think TV remotes, doorknobs and appliances!

### 4. Keep up a healthy lifestyle

It's important to look after your own health and do all the things we should be doing on a daily basis. Make sure you are getting adequate rest, good nutrition and keeping your allergies controlled.

### 5. Avoid touching your eyes, nose and mouth

Did you know that flu germs can live up to two to eight hours on hard surfaces? That's why it's easy to pick up flu germs without knowing it. Learning to keep your hands away from your face can be vital to staying healthy.



## Promote Your Business

Do you have a local business you'd like to promote? Send an email with details, photo and phone number and we'll include it in our next newsletter and share on the Eyre Facebook page and residents group.

Send your details to:  
Melissa  
mashby@avjennings.com.au

## The Waratah Release Coming Soon!

Comprising a total of 35 lots, the Waratah Release will be within a short walk of Eyre Village Shopping Centre and the future child care centre. Register your interest now to secure the ideal block of land for your dream home. Sizes will range from a compact 266m<sup>2</sup> up to a large 482m<sup>2</sup> and prices from a low \$105,000.

Land in this stage is not due to title until early / mid 2020. Buy off the plan now and save!

Call or visit **John** for more details.