

# Eyre

## Editor's Note

With Winter upon us, and some changes in the way we've been living recently, the team at Eyre 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 still 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 at a local attraction such as the St Kilda Adventure Park could be a way of spending time with extended family or close friends.

Also, if you are an Eyre resident there is a Facebook page especially for you, join today @EyreResidents. Share what's happening in your street, meet new neighbours and get insights into your community. It's another great way to stay connected. Tell us how you've been coping with restricted socialising!

For regular updates regarding the Eyre community please also visit:  
<https://www.avjennings.com.au/sa/eyre>

Kind regards,  
**Melissa Ashby**  
Marketing Executive

# Community news.

## Winter 2020

Edition 4



## Title & Construction Update

Stage 3B2 civil works were completed in May, so if you've purchased land in this stage be sure to get your finances ready for upcoming settlements. All lots in this stage have now been titled and are ready to build on. Emma our Customer Service Officer for Eyre will be in touch to help guide you through the settlement process.

The Banksia and Waratah releases have ready to build on lots and offer the opportunity to attract the new Federal Government \$25K Homebuilder Grant. Close to existing and future amenities these lots won't last long.

The community park in the Sturt Release is now nearing completion and with a few more bursts of fine weather it should be complete by early July. With its swings, slide, steppingstones, kick about zone and picnic shelter, it's ideal for little ones just starting to find their feet in a safe environment as well as those wanting a place to stretch their legs close to home or a bit of quiet contemplation.

With the six homes on Brittlewood Avenue now complete we look forward to seeing some new residents move in over coming weeks. Be sure to make them welcome!



## The Brittlewood Collection – Only One to go!

The collection of six AV Jennings built homes on Brittlewood Drive are now complete and by the end of June you'll have new neighbours with five of the homes settling in June and July.

The Brittlewood Collection of three-bedroom homes at Eyre have been extremely popular with all but one sold in just a few months. Priced at \$299,000 for a full turn-key home including two living areas, paved courtyard, fencing, clothesline and more, this home represents fantastic value.

## New Retail Coming Soon to Eyre



If you've driven along Womma Road recently you will have noticed that construction has commenced on the Local Centre site at the corner of Womma Road and Eyre Boulevard – opposite Eyre Sports Park. The centre will include a Mobil Service Station and an X Convenience store. It is anticipated that the centre will open in Aug '20 bringing additional amenity to the Eyre community.

If you are interested in this home or something similar, but aren't quite ready yet, we have some new 3 bedrooms homes in the planning phase. These are to be built in the Flinders Release and the Ellen Release. Register your interest with John to be the first to receive the latest updates.

Be sure to make your new Brittlewood neighbours welcome!

We also have some large 4 bedroom family homes under construction in the Parkside Release. These are temporarily on hold. However, if you are interested in purchasing one of these homes, or know someone who may be interested, please contact our Sales Agent John Booth to be added to the wait list.

## 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
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.

the most of the varied exercises on offer!



## 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 AV Jennings 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

### 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

### Follow us



# 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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