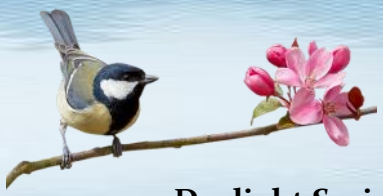
Laetare Life

SPRING NEWSLETTER 2019



Daylight Saving starts on 6th October

Street Soccer

"Everyone needs to wake in the morning with a goal - that is the main thing". Mark Schwarzer, Socceroo player.

In early June this year, Johnno played on the Tasmanian team, in the national Australian Street Soccer competition, which was held in Sydney near the suburb of Manly. During the game, Johnno reported that he scored 3 goals, and that he had enjoyed the whole experience - both the game itself, sightseeing and going to the dinner where all participating players celebrated the event and their time together.

For those of us who don't know much about the game; there are 5 players a side on the field at one time and playing in the league isn't just about winning games. Players might have personal goals such as increasing fitness, playing well as part of a team or overcoming life difficulties for example, which bring them to the game. The Street Soccer Programme reports players benefitting from their involvement in a number of ways, from improved physical fitness and a more positive outlook on life, to learning about health issues.

As well as important personal benefits gained by those playing in the game, it has also been found that the positive impacts of Street Soccer go far wider.

It is reported that Street Soccer is also a cost effective social change programme.

Here in Hobart, Street Soccer is played weekly at Creek Rd.

Congratulations Johnno. Goal!!!

Goals to the Tasmanian Team!

Dark Mofo Report
from HOPES Mole

Well, the annual Dark Mofo festival is done for another year. Some of the residents and friends of HOPES enjoyed events, a couple visited Dark Park, a number enjoyed the evening light show from Spectre and The Mole went in the nude swim.

After their swim buddy bailed at the last minute due to sickness, yours truly still turned up and luckily found another swim buddy, a paramedic (wise) from Launceston keen to do the swim to spite her teenage children who shuddered at the thought of their mother doing such a thing.

After the drums began and the flares were lit, everyone ran into the water. Some got out straight away, some swam around a bit and some even got on to the pontoon and danced (not yours truly)

Maybe there will be a bigger HOPES turnout next year....

Gardening in Spring

Here are 5 gardening tips to prepare for Spring:

1. Order summer flowering bulbs and seeds
2. Tidy up and weed flower beds and borders
3. Sow any seeds that need a longer season
4. Move any deciduous shrubs that need relocating
5. Maintain fences and gates and clean out your greenhouse.

The following vegetables can be planted in September to November:

Beans (climbing); Beetroot; Cabbages; Carrots; Celery; Lettuces; Onions; Rhubarb; Silverbeet; and Peas in September.

In October and November you can plant:

Capsicums; Cucumbers; Eggplants; Potatoes; Pumpkins & Tomatoes . Happy Gardening!

Coming Events

Royal Botanical Gardens Tulip Festival — all October

Other Spring Events:

Out of the Shadows Tues 10th Sept 6.00 am

Safely Talking Workshop Tues 10th Sept 9.00am

Wrest Point Casino (ring to check dates):

September - Soweto Gospel Choir; Guy Sebastian; Rocketman Live

October - Kasey Chambers; Akmal

November - Lee Kernaghan; Troy Cassadaley

Country Club, Launceston:

John Farnham - 2nd November

Moonah Arts Centre Events - See Community House notice board.

AFL Grand Final - 28th Sept in Melbourne

Bathurst 1000 Car Race - 13th Oct in NSW

Spring Recipe

Shepherds Pie

(A quick and inexpensive, satisfying dish).

Ingredients:

250 grams mince (beef or lamb)
1 onion
1 carrot
Drizzle of veg oil
2 potatoes

Method:

Heat oven to 180c (160c for fan bake).

Chop onion and carrot (you can also grate the carrot and add any other veg)

Fry gently in a little oil (approx. 2 mins)

Turn up heat and add mince

Fry—again stirring to cook it evenly.

Peel the spuds and put in a pot of salted cold water. Cook till soft enough to mash. Mash, adding a little milk and butter, season with salt and pepper.

Put mince in a casserole/oven proof dish Top it with mashed potato—add a little grated cheese on top.

Put in oven (mid shelf) - and cook till all is heated through and top is a little browned.

Places to Visit

Mawsons Replica Huts Museum

Mawsons' Hut: Anyone with an interest either in the Antarctic region or early exploration in difficult conditions, will find Mawsons' Hut, on the waterfront in Hobart fascinating. Wandering through the recreated hut, which is based on that built and occupied by the men of the historic first trip, it is easy to imagine both the privations and the wealth of what those men were able to achieve. Worth a look!

Bronwyn with husky

Volunteer explaining Mawson's Huts

Photographic Equipment

Mawson's Bedroom

The Springs, Mt Wellington/Kunyani

The Springs: Looking out from the Springs, which is on the way to the top of Mt Wellington, one is treated to wonderful views out over the city (Hobart) and beyond. Some, for example those in 'chairs', or those who find heights off-putting, may find the approach to, and the lookout area itself somewhat challenging. The lookout area is however surrounded by low fencing. Sun glasses and warm clothing recommended. Coffee stall on site.

Nicole at the lookout

Shivering at The Springs

Don't jump Liz!

Fast Five — with Julie McGregor

What do you like best about living in Hobart?

Climate, friendly people, and the beauty of Hobart.

What is your earliest memory?

Playing in the paddle pool with my brothers and dog.

What is your favourite sport/food/activity?

Watching AFL!

What can't you live without?

My family

What makes you laugh?

Jokes, funny things that happen in daily life that are not expected!

Trivia Questions Competition

1. What animal featured on the Australian two cent coin?
2. How many ships were in the First Fleet?
3. What is the highest grossing Australian movie?
4. In what year was decimal currency introduced into Australia?
5. Who visited Australia first - George Bass or Matthew Flinders?
6. When was Daylight Saving first introduced to Australia?
7. On which Australian banknote was the portrait of Henry Lawson?
8. Who was Australia's "Golden Girl of Athletics" during the 1950s?

. . . . . .

Answers to Spring Trivia Questions Competition . **Name**: .....

1.

2.

3.

4.

5.

6.

7.

8.