

Laetare Life

SPRING NEWSLETTER

2020



Daylight Saving starts on
4th Oct - clock moves
forward 1 hour at 2.00 am

10 Year Laetare court Anniversary

Believe it or not, it's been 10 years since our first resident (Carolyn) moved into Laetare court.

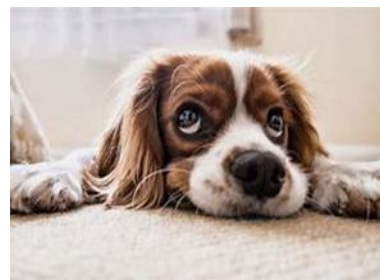
A celebration was held on Wednesday the 19th August well attended by residents, staff and Board members, as well as the press of course .

Speeches were made and gifts exchanged as well as the unveiling of a plaque outside the community house. All then enjoyed an appropriately socially distanced afternoon tea.

Check out our Facebook page for more photos and we look forward to celebrating once again at our AGM on November 20.



Roll on the next 10 years and thanks everyone for making Laetare Court community what it is.



Not another Covid-19 Update!

If you are reading this, we have reached Spring and the days will (hopefully) be getting warmer and longer.

Even though dealing with the pandemic looks like it will be something we will need to do it is our hope that the worst is behind us.

The staff and Board are very grateful to all our residents for the excellent job during the 'Lock down' times and for adhering to the many rules, while still looking out for each other and maintaining a sense of humour.

We look forward to still maintaining social distance and good hygiene principles but to also getting together and getting out and about as a co-operative and in groups as the year goes on.

...and what a year it's been.



Gardening in Spring

During winter, as you sit down to your dinner of beautiful roasted veges — pumpkin, onions, sweet potato, parsnip, potato (the list goes on) ... maybe you could give some time to what you'd like to see on your plate in the coming Spring and Summer.

In September you can sow celery, leek and Florence fennel seeds — either into pots (to plant out later) or, if you're feeling like taking a risk, straight into the ground where they'll fully grow. And you can plant carrots, pumpkins, beans, cucumbers and tomatoes.

Also, keep your eye out for information in the media about gardening (e.g. Gardening Australia on the ABC).



Karen's Handy Tips

Homemade Air Freshener.

In a simple spray bottle, mix 1/8 cup of your favourite-smelling fabric softener, 2 tablespoons of bicarb soda and hot water. Give the whole thing a shake and you're ready to go.

Stop Celery Wilting.

Wrap celery in aluminium foil when putting in the refrigerator and it will keep for weeks.

Spring Recipe

Seafood Paella

Ingredients:

- 2 onions
- 2 cloves garlic
- 1 pinch saffron
- 4 cups stock
- 3tbs vegetable oil
- 3 cups rice
- 1 can diced tomatoes
- 5 button mushrooms
- 1 capsicum
- 1 cup frozen peas
- 400g Woolworths' seafood mix

- 1) Bring stock and saffron to boil, and then simmer for ~10 mins.
- 2) Meanwhile, slice onion and grate garlic, then add to a pan with oil. Cool until soft.
- 3) Add rice to the pan, mix to coat evenly with oil. Cook for ~3-5min. Pour in saffron/stock mix (start with half, add gradually) and can of tomatoes. Mix and then sit to rest. Do not stir the rice after this, just shake the pan to mix.
- 4) Cook seafood mix in separate pan.
- 5) After ~10min add diced mushrooms, sliced capsicum, frozen peas, seafood and any remaining liquid. Shake pan.
- 6) Leave until all liquid is absorbed and rice tastes soft.
- 7) Serve! There should be a nice crispy layer on the bottom of the pan!
This recipe makes about 5 meals.



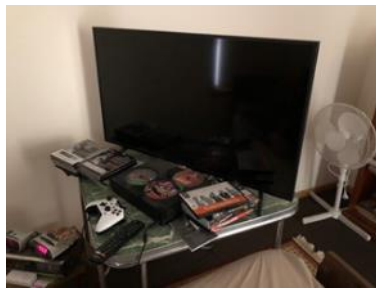
Places to Visit

Due to the pandemic we have been unable to visit any new places. However, there are leaflets about previous visits in the Community House gym, and we are hoping to add to these in time to include them in the Summer Newsletter.

Laetare Life in Lockdown



Silas in lockdown



No.6



No. 9



Community House
Staff



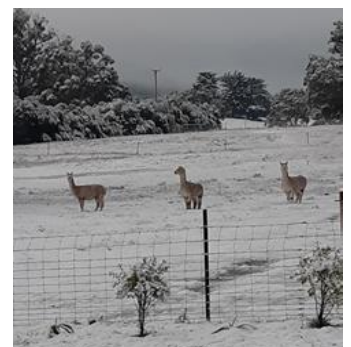
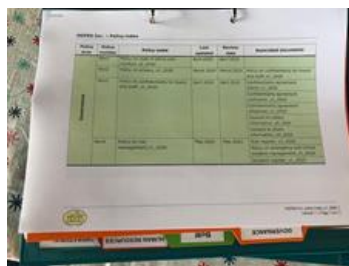
Someone got money to buy
this!



And some lock down
was very cold!



... And had time to do this!



Aussie Trivia

1. Do saltwater crocodiles travel faster in water or on land?
2. Which horse race was run first—The Melbourne Cup or the Kentucky Derby?
3. In which two states or territories would you find Australia's Tanami Desert?
4. What kind of insect in Australia builds the largest home?
5. What is the name of Australia's largest lake?
6. What was the best studio album recorded by the band Powderfinger?
7. Which two Australian states have the highest average annual rainfall?
8. Which club did AFL's Sam Newman play 300 games for during his playing career?

1. On land 2. The Melbourne Cup 3. NT and WA 4. The termite 5. Lake St. Clair 6. GoldenRule 7. Tas and Q'land 8. Geelong.

Fast Five with Alex Sommer

1. What do you like best about Hobart?

Being close to family, the scenery, and how easy it is to live here.

2. What makes you laugh?

My kids!

3. What can't you live without?

My family

4. What's your favourite food?

Pavlova and Fondue

5. What's your favourite band/musician, or sports team?

Heather Nova and Blossum Dearie.

