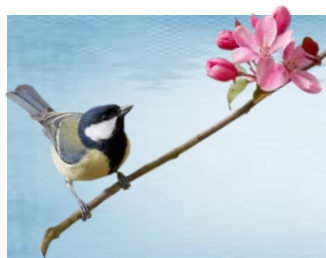


Laetare Life

SPRING NEWSLETTER

2022



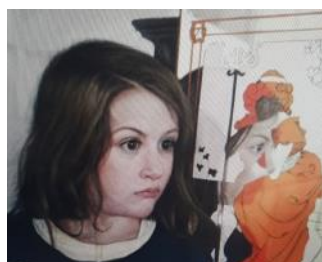
Daylight Saving starts
on Sunday 2nd Oct -
clock moves forward
1 hour at 2.00 am

“Farewell to Winter” Outing at the Moonah Arts Centre.

Nicholas Hopwood’s Metanoia exhibition



A beautiful collection of amazing portraits and still life paintings by a realist oil painter, who lives and works in the Huon valley.



Portrait



Still Life



“... for me these paintings will always be a reminder of how I struggled with the fears of letting go of one life, to ultimately emerge stronger and happier into another” - Nicholas Hopwood.

And a second Exhibit called “Knit Your Bits”!



Knit Your Bits is a Women’s Health Tasmania project which began with a series of workshops that invited women to express their bodies through textile craft. Workshop participants have knitted, sewed, felted, embroidered and woven different body parts, using art and humour to explore ideas around their own health..



Gardening in Spring

Divide rhubarb crowns and replant, sow spinach, lettuce & radish seeds, in the vegetable garden; with marigold and nasturtium for companion plants- alongside your veggies.



It's still a little early to sow many seed varieties straight into the garden.

So be patient: read and dream about the garden you plan to grow, while keeping cosy inside!
Liz

Karen's Handy Tips

Over-ripe Bananas.

Bananas are very effective in replenishing electrolytes. They also have chemicals that help you feel happy, but they can become over-ripe.

So you can preserve bananas by wrapping the crown with a plastic wrap. Some also say this can be done with aluminium foil.

But another great way – is to wait until the bananas are very ripe (lots of black spots), then peel and place in a zip lock bag and pop in the freezer. Frozen bananas make fantastic ice-cream, and are yummy in smoothies!

Also available now are “Banana Saver Bags”, which can store bananas in the crisper section of the fridge for 2 weeks.

Spring Recipe

PASTA SALAD

Ingredients:

- 1 package uncooked rotini pasta
- 1 green capsicum
- 2 tomatoes
- 1 cucumber
- 1 onion (chopped)
- Corn kernels
- 1 apple
- Lemon juice
- ½ grated parmesan cheese

Method:

Cook pasta with salt. Once cooked pour a little olive over it and set aside.

Cut up green capsicum, tomato, cucumber, onion, corn kernels and an apple, pour lemon juice over apple to stop from going brown and mix these ingredients together. Then mix in pasta.

Sauce:

- 1 tablespoon of mustard
 - 4 tablespoons of lemon juice
 - 2 tablespoons of olive oil
 - 2 tablespoons of ketchup
 - 1 tablespoon of soy sauce
 - 3 tablespoons of mayo
 - Pinch of salt and pepper
- Mix well

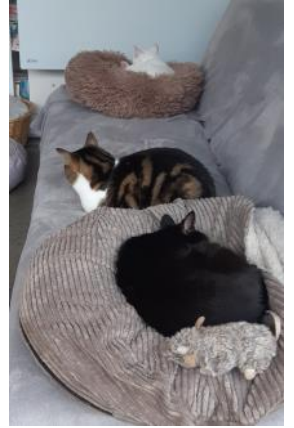
Add this sauce to rest of ingredients. Cover, and refrigerate until serving.

Our Cat Café Visit



In July we organised a trip to the Cat Café in Elizabeth Steet.

This gave us a wide choice of cats with which to share afternoon.. The café offers a variety of drinks and food choices and, as you can see, the cats also enjoy a meal.



And life at Laetare Court with some staff changes.

Chloe Olsen - Executive Officer

Karen Fall - Client Services Officer

Julie Ling - Support Co-ordinator

And we wish Eliza White all the best as she leaves us after many years at HOPES

And finally some “Useless Facts” to pass on!

The Eiffel Tower can “grow” by 15 cm during the summer.

About 20% of Earth’s oxygen is produced by the Amazon rainforest.

If you lift a kangaroo’s tail off the ground, it can’t jump.

A snail can sleep for more than three years at a time

Coca-Cola would be green if there wasn’t colouring.

The inventor of Pringles is actually buried in a Pringles can.

Aussie Trivia

1. What is tattooed on Popeye's arm?
2. Who wrote the Da Vinci Code?
3. What does the Scoville scale measure?
4. What is the currency of South Africa?
5. What planet has the Great Red Spot?
6. Who wrote Oliver Twist?
7. Jade is usually a shade of which colour?
8. What is the fastest animal on two legs?

1. Anchor 2. Dan Brown 3. The spice level of chillies 4. Rand 5. Jupiter 6. Charles Dickens 7. Green 8. Ostrich

Fast Five with Julie Ling

What do you like about Moonah?

The convenience to the city; local cafes and a good public transport.

What's your favourite tv show?

Michael Portello, The Great Railway Journeys;
Grand Designs Uk, Kevin McLeod.

What's your favourite food?

Chicken curry.

What's your favourite music?

Mozart, Beethoven, Vivaldi.

What kind of car do you drive?

A Suzuki Swift.

