

Laetare Life

Winter Newsletter

2019



Welcome to Jonathon

Jonathon is our newest resident, having moved in, in April.

His interests are fishing and soccer, specifically the EPL (English Premier League) and is a mad Tottenham fan.

He was living in New Norfolk and is looking forward to being closer to town and amenities as well as family and friends.

He has three children — Bayden, Ruby and Anika who he looks forward to having visit him. He is also a keen gardener and we have already signed him up to the gardening group.

Welcome Jonathon!

Latest News from the NDIS

Well, it has been a long time coming and it is finally happening. In early March our residents transitioned to the National Disability Insurance Scheme (NDIS).

Individual plans are currently being implemented and HOPES Inc as an organisation also transitioned at this time, meaning no more block funding and we form part of each resident's overall plan.

As part of our adapting to the new landscape, we now also offer Coordination of Support Services to assist participants to enact their plan and connect with services and providers. This transition marks a significant milestone for HOPES Inc and we thank all our residents, staff and Board members, as well as Disability Services (South) and local NDIS representatives for their assistance in this process.

Back From Hawaii

What a lovely holiday but how nice it is to be back home!

First, we went on a trans-Pacific cruise from Sydney to Hawaii via Tahiti. The island Bora Bora in Tahiti was exquisite, (just like in the holiday brochures). The boat, Ovation of the Seas was 16 decks high — with shopping arcades, food galore and of course wonderful service. Also was included nightly entertainment, trivia challenges and of course the gym. And they actually had a chairlift to help when I went in the hot tub ...nice!

Of the many highlights was flying down to the Big Island (one of 8 Hawaiian islands) and viewing from the helicopter the lava eruptions that occurred a year ago. It was truly out of this world.

Then we had 10 days in Honolulu, which was lovely but extremely expensive!

It's nice to go away but we had more than enough, and we are glad to be home.

(pics on page 3)

Carolyn and Sally

Thank you Bendigo Bank

The Moonah branch of the Bendigo Bank generously held a sausage sizzle for HOPES in late May. When the barbecue finally heated up we had a good day raising money and networking with our local community.

We will announce the amount we made in the next newsletter.

Chris, Nicole, Kerrie and Sean

The Winter Garden

The following vegetables are recommended for planting in Winter:

June, July: Asparagus, Spinach

June, - August: Lettuce, Onions, Peas

July, August: Artichokes, Turnips

August: Broadbeans, Carrots Cabbages,
Parsnips, Swedes, Silverbeet

And if it's too cold for you outside you can:

- Start seeds of tomatoes, eggplant and capsicum on a warm windowsill, ready for planting when the soil warms.
- Or plant some Spring bulbs. Bulbs don't have a large root system, so a squat pot is good and a wide one is terrific, because then you can put half a dozen bulbs into the same pot.

Happy Gardening!

Nicole

Coming Events June, July, August

Dark Mofo 6 - 23rd of June

Festival of Voices 28th June - 14th July

Huon Mid Winter festival 12 - 14th July

Chocolate Winterfest - Latrobe 11th August

The Whitlams - Wednesday 5th June -
Republic Bar, North Hobart

AFL games in Tassie -

- Nth Melb vs GWS - Hobart June 16th
- Nth Melbourne vs St Kilda - July 7th
- ♦ Hawthorn vs Fremantle - July 13th

Winter Recipe

Cauliflower Pasta

Ingredients:

- 1 cup of pasta
- Approx 1/2 small cauliflower
- 1 small onion, chopped
- 1 small clove garlic
- small amount of veg oil
- 1 Tablespoon butter
- 2 Tablespoons flour (approx.)
- 2 cups milk (approx.)
- packet of Mozzarella cheese

1. Preheat Oven to 220 degrees
2. Cut cauliflower into large florets
3. Put a saucepan of water on to boil (with a splash of oil and salt). When boiling add pasta; and 3-5 mins before it's cooked, add cauliflower.
4. Cook onion in a little oil, and add crushed garlic towards the end — don't allow it to brown.
5. Make white sauce:
In small saucepan—melt butter, fold in flour and cook for approx. 1 minute, stirring continuously. Remove from heat and add milk, 1/4 cup at a time. Whisk after each addition. Then return to heat, stirring constantly to stop lumps forming. Bring to a gentle boil and continue stirring for 5 mins., then remove from heat.
6. Put onion/garlic, and cauliflower/pasta into baking dish and mix with sauce.
7. Open cheese pack, squeeze out liquid and then slice cheese to spread on top of cauli flower pasta.
8. Bake 15 to 20 minutes till top has browned.



Happy
Eating!

Liz



Places To Visit

Zoodoo

Last month we visited Zoodoo, an animal sanctuary near Richmond, about 45 minutes from Hobart. We arrived in the morning, when it hopefully wasn't too busy, but there were a number of people there.

We went on a safari tour in an open bus, which must be said was a highlight. We were given cups of feed to give the animals — such as emus, zebras, and camels. It was quite an amazing experience. I think everyone had the giggles as the animals stuck their heads into the bus. We then got to feed the lions which was quite an experience — they were huge. Thankfully there was a cage separating them from us! There are also a number of native animals there, like the Tassie devils, a variety of birds, and snakes, and lizards (which we got to pat).

After the animal tour we sat down and had some food. They have a variety of things to buy and eat there. It was a great experience, and I highly recommend it to anyone. *Tom*



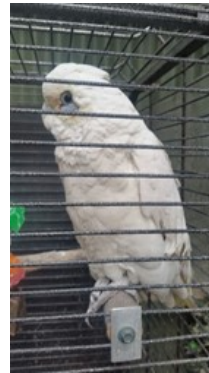
Snake handling

Meerkats
'resting'



Stroking an
iguana

Elderly parrot
"Ned Kelly"



Feeding the lioness

Life in Hawaii



Waterfall



Beach life



Crater

Trivia Questions

Nicole

1. How many points does a snowflake have?
2. In the human body, what is the hallux?
3. In what years did Vegemite appear on Australian supermarket shelves?
4. Where is the Kakadu National Park?
5. What is a quandong?
6. What part of the human body produces insulin?
7. Which is the only mammal that can't jump?
8. What did the Seven Dwarfs do as a job?

1. Six 2. The big toe 3. 1923 4. NT 5. Fruit 6. The Pancreas 7. Elephant 8. Miners

Fast Five — With Jonathon

Tom

What do you like best about living in Moonah?

Getting out into the community and enjoying indoor soccer.

What is your earliest memory?

In England, when/I was 10 or 11 - I was a boxer!

What is your favourite sport/food/activity?

**Soccer—Tottenham Hotspurs Football Club;
and Indian food**

What can't you live without?

FOOD!

What makes you laugh?

My friends.

