

Laetare Life

Summer Newsletter

2018



Farewell to Stefan

If there's a constant in life (no matter where you're from, whether you're male or female, young or old) ... the constant thing in life is—change.

I'd like to say just a few words so that we, here at Laetare Court, can mark and celebrate the change that has come up for Stefan; and to thank him for the time he has spent here with us. He's used his skills and talents here, for example, just a couple that come to mind

- ♦ in keeping his garden a pleasure to wander past
- ♦ In painting the fence along the driveway, keeping it weatherproof and in good nick.

Lastly, I just want to say "it's been a pleasure to know you, Stefan, and we all wish you happiness and good fortune with the next phase of your life—matrimony at it's best".

Liz

Goodbye and goodluck Rebecca

Rebecca (or Bec), has been an active and valued member of the HOPES community for the past four years.

Rebecca has recently moved to Warrane, and we wish her all the best. We will miss her laughter, her warmth, and her willingness to participate in everything at Laetare Court.

Chris

A Visit to W.A.

We have recently returned from a wonderful week in Perth, W.A.

We stayed in a lovely unit with disabled friendly accommodation, at a place called Hillarys Harbor Resort—30 minutes north of Perth. We had a fabulous day on Rottnest Island and were lucky enough to see some whales on our ferry trip.

We also caught up with some special friends, including Sara. She is well, and sends all at Laetare Court her best wishes.

Finally, we were amused to go to the Swan Valley Café - only to see dead flat land!

Happy Birthday, Carolyn!!

Sally and Carolyn

Celebrations in Melbourne

I recently travelled to Somerville, Victoria with my mum and sister to visit family. I was feeling really nervous because it was my first time flying since being in a wheelchair. However, the staff at Virgin Australia were amazing, and made me feel safe.

We did some sightseeing around the Mornington Peninsula and took lots of photos.

I can't wait to travel again!

Nicole

* See photos for these articles on page 3

Summer Planting Guide

In December:

CUCUMBERS, EGGPLANT, POTATOES,
PUMPKIN, RHUBARB, SPRING ONIONS,
AND STRAWBERRIES

In December and January:

TOMATOES

In February:

SILVERBEET

In December, January & February:

BEANS , BEETROOT, BROCCOLI, BRUSSEL
SPROUTS, CABBAGES, CARROTS, CAULI-
FLOWER, CORN, LETTUCE, AND PEAS

Happy Gardening!

Nicole

Coming Events

Saturday 1st December

Laetare Court Christmas Party

Sunday 17th Feb:

Red Hot Summer Tour 6.00pm

Royal Botanical Gardens

Red Hot Chilli Peppers tour

Derwent Entertainment Centre 6pm

Cricket at Blundstone Arena:

BBL—Hurricanes:

Dec 24th 3.45pm; Dec 28th 7.15pm;

Jan 4th 7.15pm; Jan 29th 4.00pm;

Feb 7th 7.40pm

WBBL—Hurricanes:

Dec 15th 7.00pm; Dec 16th 1.50pm;

Dec 18th 12.00pm

Summer Recipe

Pasta with Broccoli & Pinenuts (for 2)

Ingredients:

* A medium head of Broccoli

- ♦ Approx 50 grams (2 heaped Tblsps) toasted Pine Nuts
- ♦ 2 large handfuls dried Trivelli Pasta - or any shape that you prefer
- ♦ A splash of oil (approx 1 teasp) for the pot of water you'll cook the pasta in.
- ♦ A little more oil - good quality (approx 1-2 teasp) if you wish to add to the finished dish.
- ♦ A little grated parmesan or a spoon or two of natural yoghurt (to top the dish with)

Method :

- ♦ Put water and a splash of oil (app 1 tblesp) in a pot. Put it on to boil.
- ♦ Cut the broccoli into bite size pieces.
- ♦ Warm up a frypan to approx. medium heat. Tip pine nuts in and keep them moving -(either move the pan or stir the nuts) till they are toasted. Remove the nuts from the pan or they'll keep browning.
- ♦ Tip pasta into the boiling water now.
- ♦ When pasta is nearly cooked (only 1 minute or so away from being done), - add broccoli pieces.
- ♦ Cook for a minute or so - now drain the pot.
- ♦ Tip into your serving dish.
- ♦ Spoon over your good oil (eg: extra virgin olive) if you are using.
- ♦ Toss in your toasted pine nuts.
- ♦ Top with finely grated parmesan cheese/or try a spoon or two of natural yoghurt for a change.

Enjoy!!

Liz

A Visit to Parliament House

Through our local State Government representative, Josh Willie, residents and HOPES supporters were invited to visit the State Parliament.

On arrival we were given a tour, which included our guide explaining the work which occurred in the various chambers—the roles of people who have various tasks which ensure the sittings work as they should and aide the conventions which underpin democracy, according to the Westminster system. We were also to hear Josh speak to the Parliament about the works of HOPES and their model of housing for people living with disabilities and neurological conditions. Unfortunately we didn't hear this matter raised, as other matters (deemed more urgent) were discussed early, and our time ran out.

Relaxing in
W.A.



While sisters admire the view in
Melbourne



There's always some-
thing to smile/laugh
about in Parliament



And every Speaker
needs a Batman



1. What is the world's biggest island?
2. How many colours are in a rainbow?
3. What is the Japanese word for "goodbye"?
4. With which sport is Michael Jordan associated?
5. What are black-eyed peas?
6. How many valves does a trumpet have?
7. What is the Chinese game with small tiles called?
8. Which delicacy is loved by pigs, who dig for it around tree roots?

1. Greenland 2. Seven 3. Sayanara 4. Basketball 5. Beans 6. Three 7. Mah-Jong 8. Truffles

Fast Five — With Eliza White

What do you like best about Moonah?

It's a friendly, nice community.

What is your earliest memory?

When I was three I was a little naughty. I filled the bath with hot water and ran away.

What is your favourite food/sporting Club

Italian and St Kilda Footy Team

What can't you live without?

Family

What makes you laugh?

A good joke.

