

Laetare Life

SPRING NEWSLETTER



The World Cup That Was!

The 2018 FIFA World Cup was the 21st, an international football tournament contested by the men's national teams of member associations of FIFA once every four years.

It took place in Russia from 14th June to 15th July—the first World Cup to be held in Eastern Europe.

At an estimated cost of over \$14.2 billion it was the most expensive World Cup. It was also the first World Cup to use the video assistant referee (VAR) system.

The finals involved 32 teams, of which 31 came through qualifying competition, while the host nation qualified automatically. Of the 32 teams, 20 had also appeared in the previous tournament in 2014, while both Iceland and Panama made their first appearances. A total of 64 matches were played in 12 venues across 11 cities.

Sadly Australia's Socceroos lost 2-0 to Peru, coming bottom of the C Group!

The final took place on 15 July at the Luzhniki Stadium in Moscow, between France and Croatia. France won the match 4-2 to claim their second World Cup title.

Tom (and Wikipedia)

Glenorchy Together Update

As the research project "Glenorchy Together" continues, it is possible (as someone who is part of the Action Research Group —ARG) to see how the project is working on fulfilling one of its briefs—to build capacity in the community.

Recently I attended a workshop with other locals who have also committed to giving time and energy to seeing the project succeed in doing its work. The workshop was to help volunteers who, when working in support of the project, might encounter situations which are outside their day to day experience, or may trigger emotional responses; and how we will support each other in "processing" or dealing with these responses. How we will be "up-standers—honouring each other".

It was a challenging and tiring day but as I have been reflecting on the workshop I have come to think that as participants we (albeit in a controlled, managed way) all went through a process such as we are asking others to do. When we approach them we ask questions about their thoughts and feelings concerning the area they live in.

Liz

Gardening in Spring

Even though there is an occasional dusting of powdery white atop of Mount Wellington, and while it may not be time for short sleeve t-shirts just yet ... rest assured ... Spring is around the corner!

Thanks to the efforts of our Garden Group, and with those helping with the Residents Watering Roster, our community garden will soon be more than are patches of earth broken up only by a bounty of lemons and a stalk or two of rhubarb to poach with some store bought apples.

There are kale and broccoli seedlings coming along well, and some seeds sown which are not yet germinated — and need to be kept moist.

So patience all! Spring in on the way.

Liz

Spring plantings

The following vegetables can all be planted in September, October, and November:

- * Beans; Beetroot; Cabbage; Carrots; Cucumber; Lettuce; Pumpkin; Radish; Spinach; Sweetcorn; Zucchini.
- * Tomatoes in September and October.

And the following herbs throughout the three months:

- * Basil; Chives; Coriander; Dill; Oregano; Mint; Parsley; Rocket; and Thyme.

Happy planting!

Nicole

Spring Recipe

Smoked salmon Pasta

Ingredients

- * 100 grams smoked salmon
- * Small carton of cream
- * Sweet chilli sauce
- * Cup of fresh spinach
- * 2 shallots
- * 2 cloves of garlic
- * 1 1/2 cups of fresh or dried pasta (preferably rigatomi or cassarecce)
- * Olive oil

Method

Cut up the garlic and shallots and put in a medium frypan with some olive oil.

Cut the smoked salmon into narrow strips.

Put the pasta in another saucepan and start boiling for 10 minutes (if dry)

When the shallots and garlic are starting to brown, put in a dash of cream, stir around and remove from the heat.

Place the salmon strips next to each other on top of the creamy sauce. Place the spinach in a colander and put in the sink.

When the pasta is ready strain into the colander on top of the spinach and drain. Put the pan with the sauce back on the hotplate on a high heat.

Place the contents of the colander on top of the sauce and stir vigorously. Put in some sweet chilli sauce and another dash of cream and continue stirring till all ingredients are coated—and get the crunchy bits off!

Take pan off heat, and (using tongs) put into two bowls.

Chris

Places to Visit

Salmon Ponds

70 Salmon Ponds Road, Plenty. Fully wheelchair accessible.

www.salmonponds.com.au Phone: 6261 5663 Entry fee applies.

Coming Events

- ♦ AFL Grand Final—29th September MCG
- ♦ Johnny Cash –The Concert– 1st September Wrest Point
- ♦ The Cat Empire—6th September Odeon Theatre
- ♦ TSO and Kate Ceberano—30th October Wrest Point

Trivia Questions

Nicole

1. According to ancient Roman religion, who was the God of the sea?
2. What is the name of the upper arm bone found in humans?
3. What is the only mammal that can truly fly?
4. What is the secret identity of the fictional superhero Batman?
5. What is the longest river in Australia?
6. In the game of scrabble what is the value of the letter K?
7. What is the common name for the third and final set of molars that most people develop?
8. A flamboyance is a group of what animal?

1. Neptune 2. Humerus 3. The bat 4. Bruce Wayne 5. The Murray River 6. Five 7. Wisdom Teeth 8. Flamingos.

Fast Five — with Chris Oriel

What do you like best about Moonah?

The name and the multicultural food event.

What is your earliest memory?

Racing around pre-school on my tricycle.

What is your favourite food?

Seafood.

What can't you live without?

Humour

What makes you laugh?

The silly things in daily life, and Lucca (my dog)!

Tom