

## [A few ideas to lift the mood or take your mind off work over the weekend.](#)

Hi everyone,

This lockdown seems much harder than the previous ones. It probably doesn't help that it is very cold. Anyway, I have put together a few ideas of things to do over the weekend. Hope something hits the mark with you. Gab

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### **Watch a short video of petrol pump karaoke! A bit of fun:**

<https://www.youtube.com/watch?v=q6PAGwtoBwU>

### **Try an online jigsaw - Melbourne Map online puzzle**

Ever done an online jigsaw puzzle? No? I hadn't either, until yesterday. I receive regular updates from 'The Melbourne Map' Company after buying one of their jigsaws last year during lockdown, and since then have received irregular emails. Anyway, one came across my desk and I saw that they had an online jigsaw – I was intrigued (and to be honest, wanting something to distract me) so had a go at it. It was not only fun, but it also drew 100% of my attention for at least 10 minutes, and I was delighted when I completed the jigsaw too.

Try your hand at the Albert Lake online jigsaw!

I did it in 10 mins and 2 seconds – what time can you do it in?

[TRY IT NOW](#)

### **Go on a treasure hunt – and discover Geocaching**

For the past ten years our family have been involved in the world's largest treasure hunt.

It is called geocaching.

Basically, you use a trillion-dollar GPS system (or a mobile phone app) to find "caches" hidden near you. A typical cache could be a small Tupperware container or an Eclipse Mint Container.

I guarantee there will be a cache hidden within 5 kilometres of wherever you are.

It is a good destination to walk (exercise) to in these funny days.

You download the app, select a nearby cache and navigate to it. You then sign the logbook, log the find in the app and move onto the next one.

Note that the app will only get you within a few metres of the caches, and some of the caches are hidden by evil minds – the cache may be disguised as a bolt, under a table, a rock, a log anything!

Good Luck

<https://www.geocaching.com/sites/education/en/>

## A weekend cooking idea:

The Age this week published a [great base recipe for a Tomato based sauce](#). They called it 'Quarantine Sauce', and the recipe goes like this:

### Quarantine sauce

#### INGREDIENTS

- 4 cloves garlic, crushed
- 2 red onions, finely chopped
- 2 celery sticks, finely chopped
- 1 tbsp thyme leaves (or dried oregano, Italian herb mix or dried parsley)
- 6 x 400g cans crushed tomatoes
- 2 cups white wine
- 2 cups chicken stock
- 1 tbsp white miso (optional)
- 2 tbsp brown sugar
- 1 tbsp balsamic vinegar

#### METHOD

1. Place a stockpot or pasta-size pot over medium heat. Add a generous lug of olive oil and add the onion, celery and garlic. As soon as you hear a sizzle, turn heat to low and let them sweat for 10 minutes or until translucent.
2. Add the thyme and cook for another minute or so, then add the tomatoes, wine and stock. Give it a good stir then add the brown sugar and vinegar. Cover with a lid and simmer for 4 hours, checking on it and giving it a stir every hour or so. (Note: cover with a lid for at least half of the cooking time. To speed up the rate of reduction, remove the lid after two hours, for all or part of the remaining cooking time.)
3. Taste and adjust seasoning accordingly. Stir through the miso, if using, and cook for another 30 minutes, until the mixture intensifies in colour and consistency.
4. Depending on how broken down your vegetables are, use a stick blender and give it a quick whiz to break down any larger chunks. Store in an airtight container in the fridge or freezer.
5. Makes about 5 cups (after 4 hours' cooking time; quantity will reduce if left on stove longer).



#### What can you do with it?

- Use it as sauce for pizza.
- Use it to simmer a few pieces of barramundi with any fresh herbs or curry leaves that might be lurking in the back of your freezer. Serve over rice.
- Roast some chunks of eggplant in olive oil and dried oregano in the oven. Plop in a pan with quarantine sauce. Add chilli and cook for 15 minutes or until the eggplant is soft and breaking down. Plate. Tear over some mozzarella or feta, if you have it on hand.
- Roll some mince (any will work) into meatballs with dried herbs from your cupboard. Brown in a large frypan. Pour over quarantine sauce and simmer.
- Use as the base for baked eggs.
- Thin it out with some extra stock to turn into a soup. Serve with a cheese toastie.

Source: <https://www.goodfood.com.au/recipes/news/quarantine-sauce-turn-one-tomato-sauce-into-10-dinners-20200313-h1mile>

### Write your own 'Positive to do list'

- Call or FaceTime a friend for a chat
- De-clutter your wardrobe
- Binge watch a series you have had on your watch list but haven't had time for
- Support a local business
- Have a pamper night – bath, face mask, candles...
- Have a date night in with a movie, wine and a delicious meal either cooked yourself or delivered from a local restaurant
- Play a board game
- Learn a new card
- Read a book
- Have breakfast in bed
- Re-organise your pantry
- Go for a walk with a friend
- Learn to meditate

### Learn about or listen to something completely unrelated to work:

Here are some ideas:

**Podcast series – The Great Courses** - unlock lifelong learning with The Great Courses. Each course is taught by a university professor, and you can choose from history, science, economics, professional development, literature and more.

These are available on [Audible](#). My husband and I have listened to 'The History of the United States, and he is currently listening to 'How to listen to and Understand Great Music'.

**BBC Podcast – Desert Island Discs** - Eight tracks, a book and a luxury: what would you take to a desert island? Guests share the soundtrack of their lives. <https://www.bbc.co.uk/programmes/b006qnmr>

And here is a link to [7 of the funniest Desert Island Discs](#) (as listed by the BBC, not me!)

### Connect with your neighbours – Soupa Sunday

This weekend a couple of neighbours and I are each cooking up a big pot of soup and popping it into smaller containers. On Sunday morning we will be dropping them off at other neighbours' doors so they can enjoy a warm bowl of soup on a cold winter's day. Even though we can't share a meal in person right now, we can at least all share the same meal and keep connected with each other.

Anyone you can share a bowl of soup with this weekend?

Hope something here is useful over the weekend

Gab