

# Fare Well

## Notes from the Editor

Hello all and welcome to the first edition of Fare Well!

Each month we aim to provide you a welcomed relief from the stressors of student life with a mix of musings, comics, local food recommendations, recipes, event recaps and more.

On behalf of me and the Welfare team, we want to wish you well for the upcoming months ahead, and will do what we can to make your university experience safe and enjoyable. We believe that everyone deserves to have a great time while navigating this weird life period, especially when the budget is tight.

But YAY this newsletter is free! So make sure you're on our mailing list, share the love on social media (I want to see where you're reading this from!) and let's have a great time. Happy reading!

*Alouise Thomson, Editor*



## Upcoming this month

### UNION MART

**When?** Weekdays 10-11am\*, 4-5pm\*

**Where?** Union Mart, Room G30, Building 1888 (Parkville Campus)

\*When we reach capacity - come in early!

### WELFARE DINNER

**When?** Every Wednesday, 5:30pm

**Where?** Gate 6, Parkville Campus

### WELFARE BRUNCH

**When?** Every Thursday, 11:30am

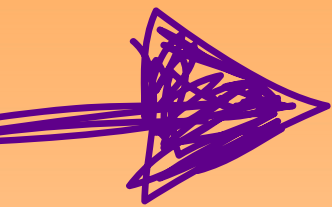
**Where?** Amphitheatre, Parkville Campus

**FOR ALL UMSU  
EVENTS. CLICK HERE!**

***Keep up to date!***



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## Event Recap



### Welfare Brunch – April 11

On Thursday (April 4th), I had the opportunity to attend the Welfare Brunch organised by the UMSU Welfare.

- The event took place at the Amphitheatre and ran from around 11:30am to 1:30pm. Even in the blazing sunlight of Melbourne, the line moved super fast, and I quickly received my portion from the enthusiastic Welfare volunteers, who brought massive buckets of food ready to fill the hungry stomachs of Unimelb students.
- The best thing is that the food is totally free!!! The menu of the day is rice with vegan curry with tofu, an authentic Indian dish, that is allergen-free and gluten-free, as stated by the Welfare volunteers. It was packed with veggies from potato to carrot to broccoli. If you are a hardcore meat-lover or a bodybuilder, you might get disappointed. However, if you are simply looking for a simple but tasty meal without having to cook yourself or spend money, come to Welfare Brunch and have yourself a treat.
- I know I'm pleased with it as I did not only get one but two servings. Yes, they also offer refills if you find the portion a bit inadequate. No shame in craving for more.

*By Son Thai Bui*

Welfare Brunch is held each Thursday at the Amphitheatre with a rotating menu that aims to cater for most dietary requirements. It works as a first come, first serve basis so make sure to get in early!

*Keep up to date!*



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# WELFIE'S Recipes

## SAUSAGE & TOMATO PASTA

⌚ ~ 45 MINS

### YOU WILL NEED:



Packet of pasta (500g) x1

Meat/Vegetable sausages x 6



Can of chopped tomatoes



Garlic cloves (finely chopped)



Brown onion x1 (roughly chopped)



Medium carrots (diced) x1



Medium zucchini (diced) x 2



Vegetable/olive oil



Salt & Pepper



Grated cheese (to serve)

Cook sausages in a large frying pan



Turn frequently, until fully cooked

NO overcook!

golden brown



You can use any pasta!

Bring a large pan of salted water to a BOIL

Then add pasta!!!

SIMMER for 10-15 MINS or until soft

Reserve 1/2 cup of the pasta water.

While the pasta is cooking...



Heat 1 tbsp oil in a frying pan on medium heat & add:

Onion, garlic, carrots, zucchini

Cook 2-3 MINS or until soft

— SET ASIDE



### SAUCE MIX:



Don't put too much salt!

Add chopped tomatoes + Salt & Pepper (to taste) SIMMER for 5-10 MINS



WOOF!

Chop sausages into ROUNDS & add to the sauce mix with veggies + Add reserved pasta water

### SERVING TIME !!!



Put desired amount with some veggie & sausage mix.

Sprinkle some grated cheese &...

ENJOY!

YAY!!! Finally I can have my sausages!

By Saraf Ishmam



## The Leaves have not yet Fallen.

All the clocks are broken. In the space between a flutter and a fall, your patchwork quilt unravels. Soft threads twining around tree trunks then disappearing, eaten by the solidity of now. They leave you your bed of twigs – the skeleton remains, the rest does not matter.

Death sinks into the cracks of the pavement, tunnelling underground to bless the tomb of your childhood cicadas. This silence does not belong to you. Your feet could once coax the loudest crunch from a leaf. Your hands once weaved dappled sunlight in the courtyard. You reach for it again. This here, April.

(Halfway across the world, a peach blossom unfurls outside your mother's window.)

*By Emily Couzins*

## colours of autumn

Autumn's hues surround me . . .  
big golden sun dancing off windows,  
yellow Ferrari jogging his lane,  
olive-green patch that dots the sidewalk,  
soggy brown mud born of the rain.

Her other hues as well . . .  
rust-copper fence savouring the dew,  
crimson flowerpot that once was clay,  
cherry-red hydrant rising out of the sidewalk,  
little orange mandarin I'm having today.



'Melbourne in the Rain' by Jos Coufreur

*By Ryan Halim*

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## Local Eats: 📍 The Borek Shop, QVM

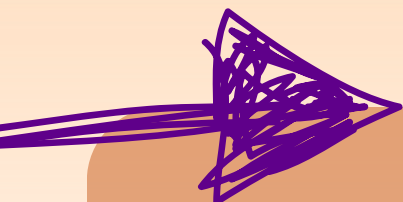


Each week I make a vow to myself to not enter the beautifully chaotic world of a Sunday afternoon at Queen Victoria Market on an empty stomach.

While there *so many* delicious food stalls to be tempted by, I continually go back to The Borek Shop (located in the Dairy Produce Hall) for a meal that is cost effective and always delicious.

I opt for a half chicken wrap as it's only \$6 and filled with flavourful roast chicken and salad veg, uses authentic Lebanese bread and is surprisingly filling. They also do lamb kofta and falafel wraps, alongside traditional Gozleme and Borek.

*By Alouise Thomson*



## Local Eats: 📍 Don Tojo, Carlton

Earlier this month I dropped by Don Tojo's and let me tell you - it was love at first bite. Located in Carlton and just a short stroll from Parkville campus, the restaurant offers homely Japanese cuisine to suit all tastes.



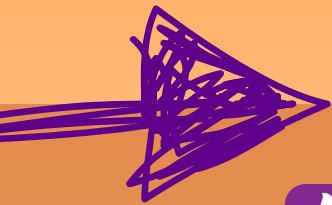
I went for the Tofu Curry Don perfectly grilled tofu, rich Japanese-style curry, and a fluffy bed of steamed rice. Totally vegan and totally delicious. And the best part? It's just \$10 a plate. If you've got 30 minutes between lectures, ditch the instant noodles and treat yourself. This place is an absolute hidden gem!

*Neaira Agarwal, Local/Cheap Eats Investigator*

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## Students Say

*How do you occupy yourself while waiting in the Union Mart queue?*



Singing Sea Shanty with friends

Reply



Looking up at the tree, defend myself from falling fruit attack

Reply



Dissociate hahah

Reply



Journal in my hand, rice and milk in my head 🤪

Reply



*What is the best meal you've made using Union Mart ingredients?*



Shakshuka with the canned tomato and beans!

Reply



Fried rice, beef curry, spaghetti bolognaise, mac and cheese, milkshake, so many meals!

Reply



fine dining grade chicken nuggets

Reply



Bakwan (indonesian fried dish) using union mart's 1pt carrot

Reply



*What is the best thing about Union Mart?*



The volunteers are very kind and caring!

Reply



Variety of products

Reply



The products of course! And also the nice staff

Reply



The double session 🧡

Reply



*Keep up to date!*



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