

# REACHING OUT

Keeping our Community Connected



## A MESSAGE FROM THE CEO

I wanted to check in with you all and let you know what has been going on behind the scenes at Sandybeach since we had to close the doors to our community on Friday 20<sup>th</sup> March. Firstly, I hope you and your families are well and safe in these unprecedented times that we now find ourselves in. I can understand that it is a very challenging time, not being able to see your friends and family and have that social connection.

The majority of our team are now working remotely and are focused on supporting our community in a number of different ways.

We wanted to let you know that we are looking at alternative delivery options such as on-line programs so that we can keep as many of our community members engaged with us during this time of self-isolation. More details will be sent out once details are finalised. Stay well, take care of yourselves and I will be in touch again soon with more updates.

Our Reception team still remain contactable on 9598 2155 and [admin@sandybeach.org.au](mailto:admin@sandybeach.org.au) if you need to get in touch with us.

Chris Hill  
CEO

## HAPPY SNAP OF THE WEEK



## IMPORTANT NUMBERS

**COVID-19 HOTLINE - 1800 675 398**

**BEYOND BLUE - 1300 22 4636**

**LIFELINE - 13 11 14**

**EMERGENCY SERVICES - 000**

**SANDYBEACH CENTRE 9598 2155**

## JOKE OF THE WEEK

A dog gave birth to puppies near the road and was given a ticket for littering

## FUN FACT

Butterflies taste with their hind feet

## KEEP MOVING WITH ANGEL

### SHOULDER PRESS



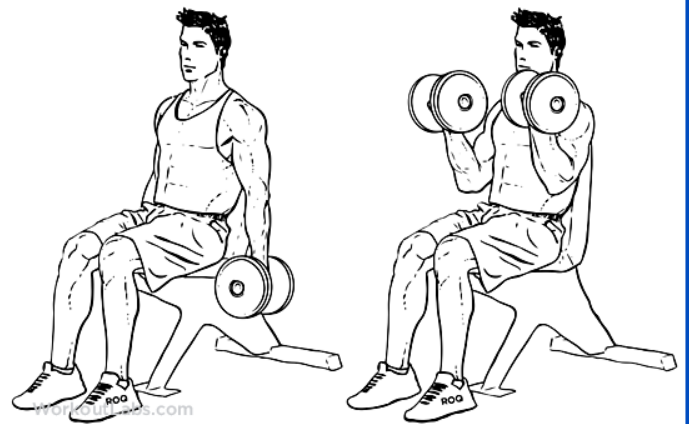
#### Shoulder Press (see picture above)

- Hold weights in each hand, and sit on a chair with back support.
- Feet flat on the floor hip width apart.
- Bend your elbows and raise upper arms to shoulder height, weights should be at ear level.
- Pull your abdominals in so there is a slight gap between the small of your back and the chair.

### Bicep Curls (see picture below)

- Sit on a chair with feet wider than shoulder width apart.
- Tuck elbows into the side of your waist.
- Lift weights, bending at the elbows up to your shoulders and bring back down to hip height.
- do two sets of 10 repetitions and increase the sets at your own pace.

### BICEP CURLS



If you don't have hand weights at home, you can use tins of soup or something of a suitable weight that is easy to hold.

Always remember do as much as you can and do all exercises slowly.

You will thank me for this!!!!.

Take care and stay safe.

Angel Parker

## LET'S STAY HEALTHY WITH ELANA!

### Chewy Anzac Biscuits

#### Ingredients

1 cup rolled oats  
1 cup plain flour  
2/3 cup brown sugar  
2/3 cup desiccated coconut  
125g slightly salted butter, chopped  
2 tablespoons golden syrup  
1/2 teaspoon bicarbonate of soda



**Step 1** - Preheat oven to 160°C/140°C fan forced, line tray with baking paper

**Step 2** - Combine oats, flour, sugar and coconut in a bowl. Place butter, golden syrup and 2 tablespoons of cold water in a saucepan over medium heat. Stir for 2 minutes or until butter has melted. Stir in bicarbonate of soda. Stir butter mixture into oat mixture.

**Step 3** - Roll level tablespoons of mixture into balls. Place on trays 5cm apart. Flatten slightly. Bake for 10 to 12 minutes or until light golden colour. Stand on tray for 5 minutes. Transfer to wire rack to cool completely then serve.

### Tips to improve your Posture while Sitting

**1. Head back** - align your head so that you are not hunched over when you are looking at your screen. Sitting with your head forward overworks your neck and back.

**2. Stretch your Shoulders** -

be conscious that your shoulders are not rolling forward. Also don't put them back too far. To get the right position, sit up straight, pull your shoulders up and pull them back and then bring your shoulders down again.





## GETTING TO KNOW YOU...

Hi, my name is Angel Parker I am a Fitness Instructor and a Personal Trainer.

I have been with Sandybeach for 26 years! Taking exercise classes. I also volunteer as a jockey for some of the Reach Programs.

I was born in Auckland New Zealand, I am part Samoan.

I was educated in Auckland.

I attended local primary school – Richmond Road Primary school

I attended Auckland Girls Grammar, on completion, I attended Auckland Business College – I studied Commercial, English, Mathematics, Book keeping and Commercial Law

After finishing at Auckland Business College, I attended June Dally-Watkins Finishing and Department School for 1 year Monday to Friday.

I started my working career as Short Hand Typist and progressed to becoming Supervisor of a department to Manager of a department. I also held the position of Personnel Officer, Recruiting staff and Terminating staff (unfortunately I did terminate staff, I did not enjoy that part of the position)!!.

My mother told me a story, when I was three years old mum had finished bathing me and dressed me and I walked out the front door and wondered off. A Samoan man found me and took me home to his wife and was then going to the public phone box to call the police when he saw my mum and other family members looking for me. He took my mum to his house to collect me. Mum also told me that the man who found me is Dwayne “the rock” Johnson who is a wrestler and actor it is his grandfather!!!!.

I have three brothers, I am the second eldest, our youngest brother passed away 34 years ago.

In my spare time I like to catch up family and friends.

My best holidays are when I fly home to Auckland to be with my family and friends.

## PUZZLES AND MORE....

### Riddle:

Three doctors said that Bill was their brother. Bill says he has no brothers. How many brothers does Bill actually have?

### CRYPTIC INCRE - MENTAL

Change the first word to the last by altering one letter at each stage to make a new word each time - there are cryptic clues to help you!

C	H	O	R	D
S	C	E	N	E

Duty found in church or elsewhere

Sure sounds coastal!

She held on and excelled

Con's chewed up the last Devonshire tea cake

### SPOT WORDS - THEME: ANIMAL SOUNDS.

You'll spot several consecutive letters in each sentence which spell out a word relating to the theme. The number of letters for each word is shown by the number of spaces next to each of the sentences. The letters with a circle around them will spell out the mystery answer

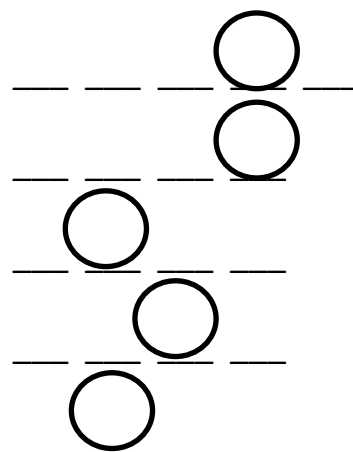
Our niece will turn eight in September

I'm sure I saw a biro around here somewhere

Allen received two offers in one day

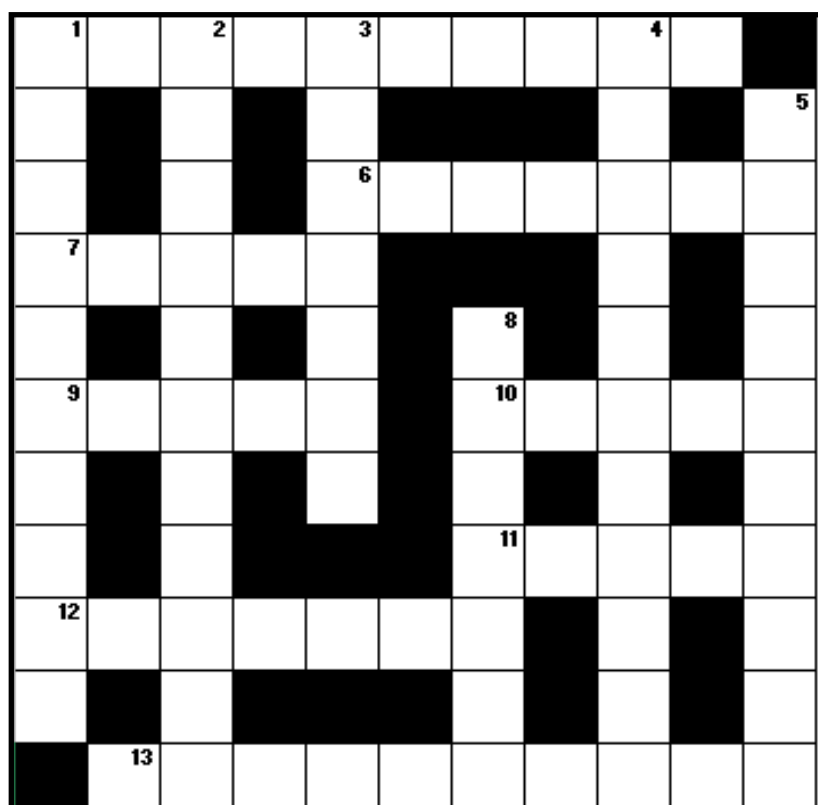
Both owls were perched on the branch

There was a fantastic lucky dip at the school fete





## WEEKLY CROSSWORD



### Across

1. Michael Jordan's sport (10)
6. Small flute (7)
7. Radio Code for B (5)
9. Remove Completely (5)
10. Hot drink flavouring (5)
11. Rubbish (5)
12. Herman's Hermits song ...*Kind of Hush* (5'1.1)
13. Shrewdness (10)

### Down

1. Foaming Toiletries product (6,4)
2. Newts (11)
3. Enable (7)
4. Piggy bank money (5,6)
5. Spiritual Guardians (10)
8. Impersonate (7)

## DID YOU KNOW...

*Contributed by Nick Turner*

The Sandringham and Bayside area is rich in golfing history, with 4 golf courses next to each other, one of which has a course ranked in the top ten in the world. Chances are if you've lived around here long enough, you will have heard that the origin of the word "Golf" comes from when the game was first created, and stands for "Gentlemen Only, Ladies Forbidden" as the game was considered a male only sport. This however is definitely not true. While the game was only allowed to be played by men until 1738, it is believed that the origin of the word comes from the Dutch in the mid to late 1200's 'colf/kolf' meaning 'club or bat'.

There is, however, a minority of people who hold the view that golf is a purely Scottish term, derived from Scots words 'golf', 'golfand' and 'golfing', which mean 'to strike' as in 'to cuff' or 'to drive forward with violence'. It did not become a verb until much later. The verb 'to golf' is recorded in dictionaries in the 18th century onwards. However, there is no definitive answer as to the origin of the word and many people still disagree.

## RECIPE OF THE WEEK

### Margaret O'Malleys Yoghurt Flatbread

#### Ingredients

1 cup plain greek yoghurt

2 cups self raising flour

1/4 t salt

Olive oil for frying

#### Method

1. Mix flour, salt & flavourings (see note below) then mix in yoghurt until it forms a smooth dough.
2. Flatten into a disc & divide into four equal pieces
3. Roll each piece into an oval flatbread shape to desired thinness
4. Fry gently in olive oil in a frypan. Turn over and fry the other side until golden (needs about 1-2 mins either side depending on thickness)
5. Keep flatbreads warm in the oven until ready to use.

**Notes:** dough can be flavoured to your liking - e.g. cumin, mixed herbs, garlic, chilli etc.

Use as a pizza base, wrap for falafel, roti etc. etc.

## OUR AMAZING WORLD



Each winter, millions of **monarch butterflies** migrate to the fir forests of Mexico's Central Highlands— you can walk among them, and listen to the air hum with the vibrating of their wings!

### TO KEEP YOU BUSY...

Why not finally clean out that annoying kitchen, bathroom or bedroom cupboard - you know, the one where things fall out every time you open it? You may be surprised at what you own and maybe you can start a "donate" pile for when we are able to get to the op shops again - who knows, someone may be just hanging out for that rotating tie rack that you bought back in 1980 or may be able to find a use for that exercycle rather than for draping clothes on. Start small and work your way up to the whole room. Then relax with a well earned cuppa!



# Bill's Brain Buster Quiz



- Q 1** Name the man who succeeded Sir Robert Menzies as the Prime Minister of Australia in 1966 ?
- Q 2** What kind of bird is the cartoon character Daffy ?
- Q 3** Name the American actress who married Prince Rainier III of Monaco in 1956 ?
- Q 4** They seek him here, they seek him there, those Frenchies seek him everywhere. Is he in heaven, is he in hell, that .... Who are they seeking ?
- Q 5** Who played the roles of the corrupt Charles Foster Kane in the movie "Citizen Kane" and the evil Harry Lime in the movie "The Third Man" ?
- Q 6** Mickey Rooney and Elizabeth Taylor never married each other, but in total how many times were each of them married to all their respective spouses ?
- Q 7** Which volcano erupted destroying the ancient city of Pompeii ?
- Q 8** In the Enid Blyton book series: Julian, Dick, Annie and Georgina (*referred to as George*) and their dog Timmy, are known as ?
- Q 9** Joan Fontaine won an Oscar for her role in 1941 movie "Suspicion" and Olivia de Havilland won an Oscar for her role in the 1949 movie "The Heiress" What did Joan and Olivia have in common ?
- Q 10** Sabrina Duncan (Kate Jackson), Jill Munroe (Farrah Fawcett) and Kelly Garrett (Jaclyn Smith) were the original characters in which TV series ?
- Q 11** Name the beautiful, dark haired, long legged star who danced with Gene Kelly in "Singing In The Rain" and Fred Astaire in "Bandwagon" ?
- Q 12** If golfers use clubs, what do table tennis players use ?
- Q 13** William Boyd, dressed all in black, with his white hair, mounted on his pure white horse "Trigger" is better known to all of us as ?
- Q 14** A famous Hollywood family of the 20's and 30's featured a sister named Ethel and her two brothers. Name the two brothers ?
- Q 15** Who said "One morning I shot an elephant in my pyjamas, how it got there I don't know" ?

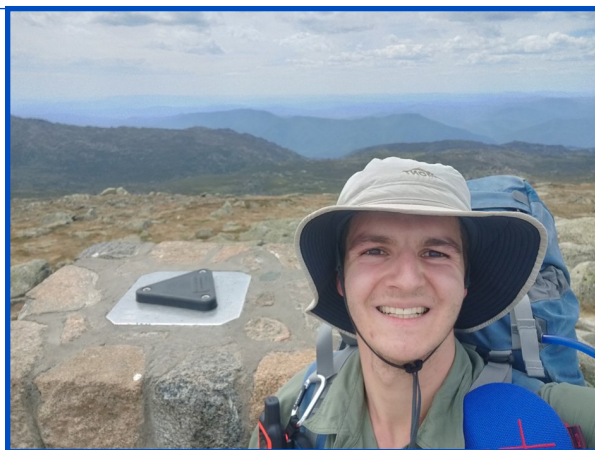
*See back page for answers*



## ARMCHAIR TRAVEL WITH MIRANDA

### Mt Kosciusko to Lake Eyre Expedition Kent Bennett – Everest Le Page Rover Crew, Beaumaris Sea Scouts

Some of my passions are botany, Australian landscapes and outdoor recreation, so on the conclusion of my university studies I knew that I had to take a break and go on a bit of an adventure. The idea of travelling from Australia's highest to lowest point first arose during a conversation at a rover meeting as a bit of joke, but when some of the crew remarked at how cool it would be, I didn't hesitate in starting to plan. That was three years before I embarked on my journey.



Day 1: Mt Kosciusko



Slowly but surely a route began to develop, hiking the first part, kayaking along the Murray and cycling through South Australia to reach my destination, Lake Eyre. This was a solo expedition, so I had to make sure that I was extra cautious when it came to safety, ensuring I was adequately prepared for all eventualities. I had a lot of experience hiking and kayaking which was built on through my involvement in scouting, but cycle touring was something that was new to me and it passed through the most remote part of my trip, because of this had arranged for my family to support me in the

final month of my trip, meeting me every four to five days. Over this period of three years I put together all the equipment, undertook risk assessments, familiarised myself with emergency procedures and ensured I had all the knowledge for an undertaking of this scale. As you might imagine, some of my biggest concerns were fire and the availability of water.

After concluding a traineeship at the CSIRO and Botanic Gardens in Canberra, I packed my bag and headed off for Kosciusko. -

*Kent's epic journey will continue in next weeks edition....*







# SHOWBIZ

with Andrea

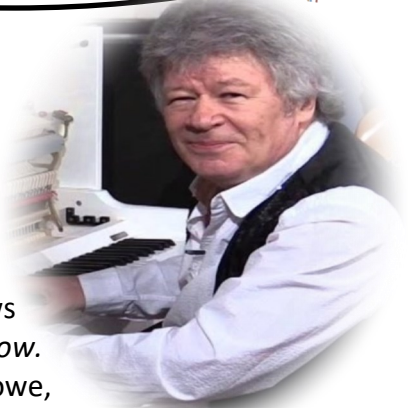
★★★★★ Who's on Stage Today

## Peter Sullivan

Peter is an award-winning composer, producer, arranger, bandleader and performer. He completed his Masters of Music at Melbourne University and was one half of the "Two Man Band" with Mike Brady and "Up There Cazaly".

Peter has produced and recorded original motion picture scores and as Musical Director at Channel 9, was responsible for many shows including *Carols By Candlelight*, *Sale of the Century* and *The Footy Show*.

He has written arrangements and/or produced albums for Normie Rowe, Little River Band, The Seekers, Daryl Somers, Colleen Hewitt and was acknowledged for his work with the Melbourne Symphony Orchestra on the John Farnham Album.



## Now Peter

Q. What are two of your favourite songs ?

A. Chris Rea's "Driving Home For Christmas" and The Beach Boys "Wouldn't It Be Nice"

Q. Name two of your favourite bands ?

A. Creedence Clearwater Revival and The Beach Boys

Q. At what age did you first start playing piano and who influenced you ?

A. I started playing at the age of five as both my parents played piano.

Q. What is something we don't know about you ?

A. I play a lot of different instruments. I play the ukulele, guitar, cello, double bass, trumpet, tuba, drums, but of course my favourite is the piano.

Q. What do you love about Sandybeach ?

A. I love sharing my music with these beautiful people and love their smiling faces.

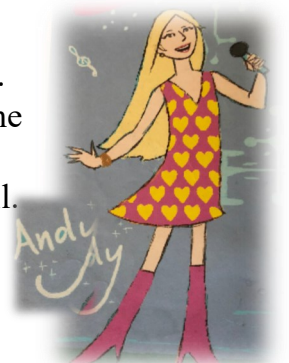
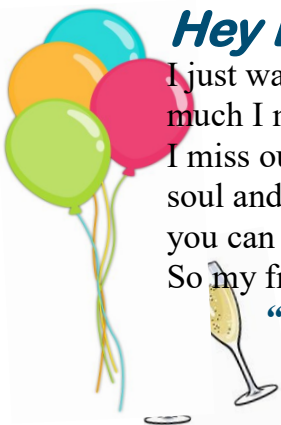


## Hey Beautiful People at Sandybeach

I just wanted to take this time to reach out to you all and tell you how much I miss you and can't wait to see your beautiful faces once more. I miss our hugs and the warmth you all hold. Music is beautiful for the soul and is the way I express myself in song. I hope that when I sing you can see my heart, the loving heart that I want to share with you all. So my friends we will see you again very soon and until then ...

**"We'll meet again, don't know where don't know when  
But I know we'll meet again some sunny day"**

Love Andrea xx - guess the song



## **A SHORT STORY** **The Trail** by Barry Lopez

On a winter afternoon, along a trail in the Sierra Madre in the state of Mensajero, beneath an immense rampart of rising cumulonimbus, a deeply imperfect man bent over to collect a small piece of black glass. He recognised its kind: obsidian, a thick sliver of it. When the molten interior of the Earth is thrown into the frigid sky and it cools quickly it becomes a stone like this. People say of its edges that no knife is sharper, and of its color that it is transparent but bottomless, like the sea's, so it cannot be rendered on paper or canvas.

The man turned the spalled flake over in the palm of one hand with the fingers of the other. He tested the edge with his thumb and held it up to the sun. He knew of no volcanoes in these mountains, but the trail was many centuries old, and people had carried red coral, abalone shells, and turquoise up and down it for generations. Someone dropped this, he thought, in the time when his grandfather was alive, or in the year of his own birth, or a pilgrim might have dropped it, only days ago.

It glittered in his palm, like sunlight in ice, and he wondered, as the heaving clouds encroached on the sun and the shard of glass darkened, what his obligations were. Should he give it back to the trail or pocket it for the single daughter he was traveling to see? In another age he would not have hesitated to take it to the girl. Now he felt he must put it back, even if later someone else might take it. He believed he had come upon a time in his life when everything, even the things of God, needed protection. When he met his daughter, he would tell her he had found a black tear in the dust of the narrow path and understood he must leave it be. And she would ask whose tear it was, and he would have to use his imagination in the way his people had once done.

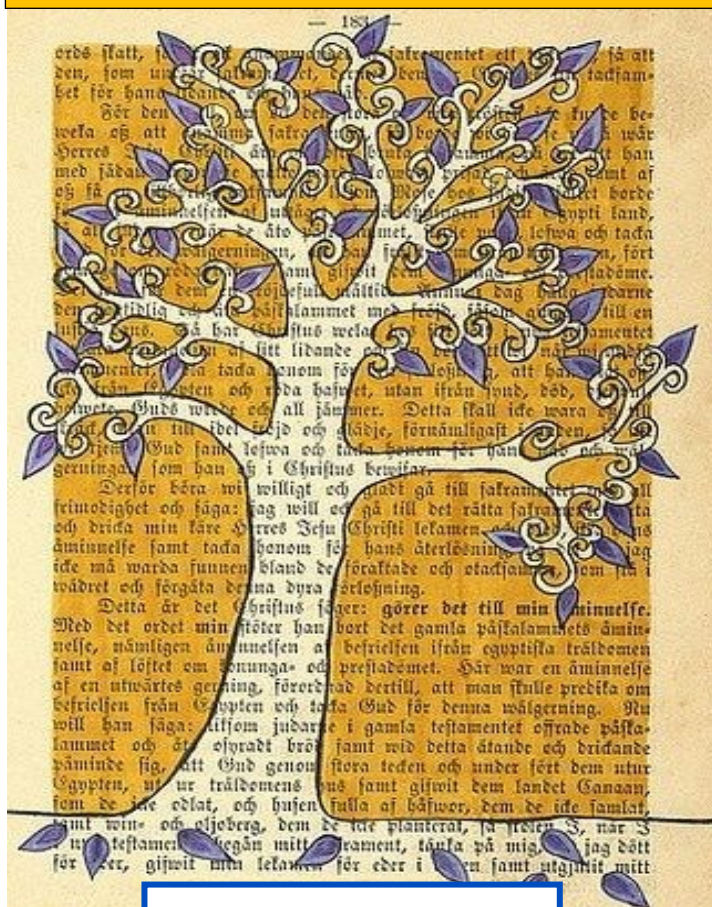
*NB: The Sierra Madre is a series of mountain ranges enclosing the Central Mexican Plateau.*



# Art and craft ideas for all!

Get creative at home! Welcome to our weekly 'art and craft ideas for all'... We hope you will enjoy having a go at these activities!

Using old books. Draw and colour over text ... you can create some lovely effects!

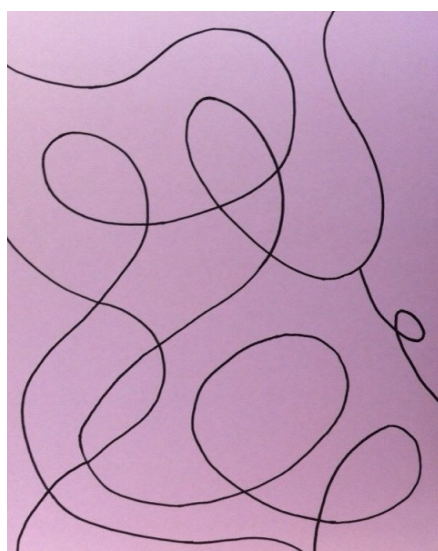


ARTBEAT WITH TINA



## Crazy squiggles

Draw your squiggle, then use twistable crayons or pencils for the colouring. Choose different colours to start colouring the edges of each section. This will give the finished artwork more contrast.



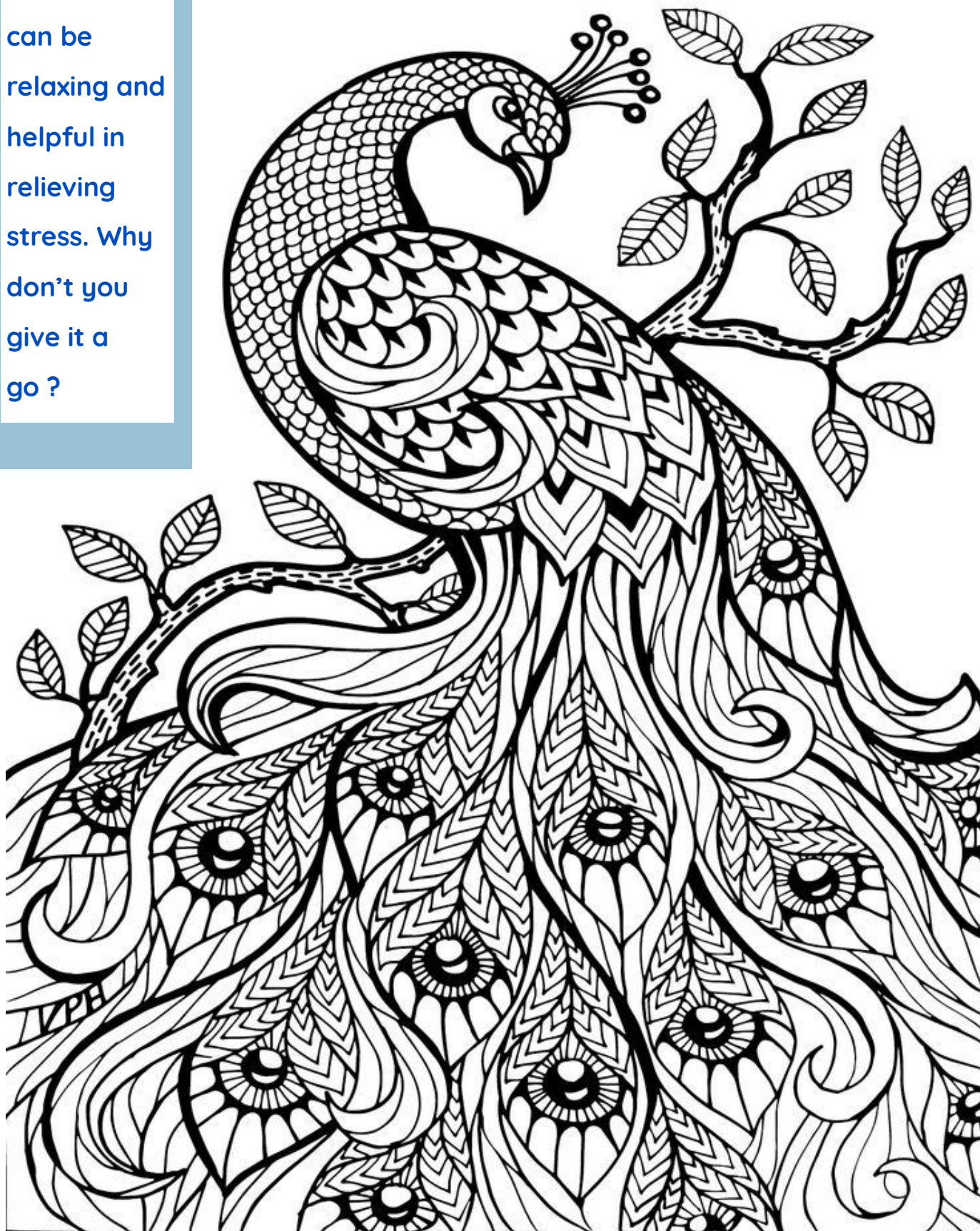
Look out for more ideas in our next newsletter!  
Email us your results to [tina@sandybeach.org.au](mailto:tina@sandybeach.org.au).

Take care all and stay safe!



## MINDFUL COLOURING

can be  
relaxing and  
helpful in  
relieving  
stress. Why  
don't you  
give it a  
go ?



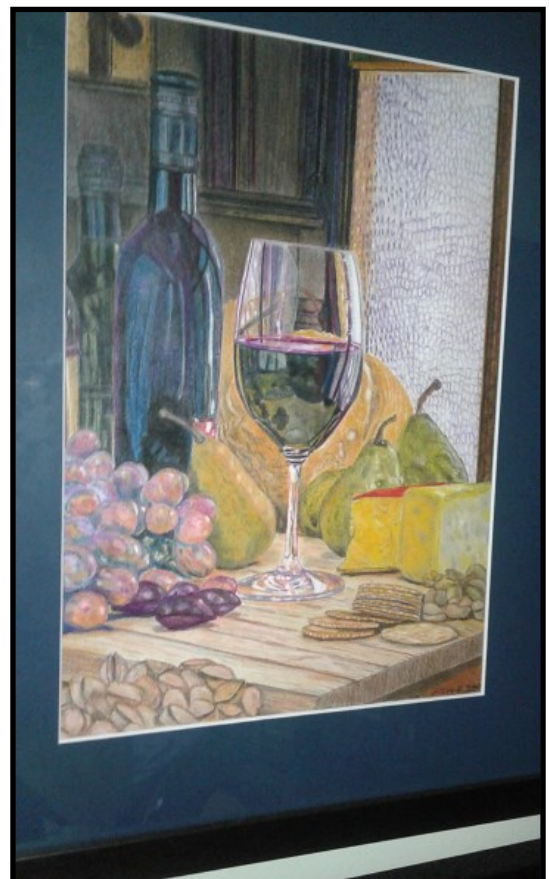
## READER CONTRIBUTIONS

Each week, we will feature contributions from our readers. We would love to hear from you!! Here are some suggestions :

- A photo you have taken
- A piece of artwork you have created
- A short story or poem you have written.
- Something uplifting or funny that you have seen or heard this week.
- A joke or a riddle
- Anything else you can think of!

**If you have anything to share, please email it to us at [armchairtravel@sandybeach.org.au](mailto:armchairtravel@sandybeach.org.au)**

This weeks contribution comes from Peter Hosie-Richards who is in Thursday's ArtBeat group - a small selection of his incredible works - thanks Peter!







We're All Australians Now  
(by AB 'Banjo' Paterson)

*Australia takes her pen in hand,  
To write a line to you,  
To let you fellows understand,  
How proud we are of you.*

*From shearing shed and cattle run,  
From Broome to Hobsons Bay,  
Each native-born Australian son,  
Stands straighter up today.*

*The man who used to "hump his drum",  
On far-out Queensland runs,  
Is fighting side by side with some  
Tasmanian farmer's sons.*

*The fisher-boys dropped sail and oar  
To grimly stand the test,  
Along that storm-swept Turkish shore,  
With miners from the west.*

*The old state jealousies of yore  
Are dead as Pharaoh's sow,  
We're not State children any more  
We're all Australians now!*

*Our six-starred flag that used to fly,  
Half-shyly to the breeze,  
Unknown where older nations ply  
Their trade on foreign seas,*

*Flies out to meet the morning blue  
With Vict'ry at the prow;  
For that's the flag the Sydney flew,  
The wide seas know it now!*

*The mettle that a race can show  
Is proved with shot and steel,  
And now we know what nations know  
And feel what nations feel.*

*The honoured graves beneath the crest  
Of Gaba Tepe hill,  
May hold our bravest and our best,  
But we have brave men still.*

cont....

...cont

*With all our petty quarrels done,  
Dissensions overthrown,  
We have, through what you boys have done,  
A history of our own.*

*Our old world diff'rences are dead,  
Like weeds beneath the plough,  
For English, Scotch, and Irish-bred,  
They're all Australians now!*

*So now we'll toast the Third Brigade,  
That led Australia's van,  
For never shall their glory fade  
In minds Australian.*

*Fight on, fight on, unflinchingly,  
Till right and justice reign.  
Fight on, fight on, till Victory  
Shall send you home again.*

*And with Australia's flag shall fly  
A spray of wattle bough,  
To symbolise our unity,  
We're all Australians now*

#### HOW YOU CAN COMMEMORATE ANZAC DAY AT HOME

The Australian War Memorial will go ahead with a private, nationally televised Anzac Day commemorative service on **25 April 2020**. The traditional Dawn Service, National Ceremony and veterans' march will not take place.

This revised ceremony will be held in the Commemorative Area and Hall of Memory of the Memorial at **5.30 am on Anzac Day**.

The event will not be open to the public but will be **broadcast live across Australia by the ABC** and streamed online.

"Anzac Day is a symbolic day for Australians and New Zealanders, with the Australian War Memorial being the centre of Australia's national commemoration.

President of the ACT Branch of the RSL, Mr John King, said we have an obligation to look after the safety of the veteran and wider communities.

"In these exceptional circumstances, we feel the course of action decided by the Australian War Memorial is the most appropriate way to mark Anzac Day, with due consideration for public safety," Mr King said.

The ceremony will provide an opportunity for Australians to safely pause in their homes, in honour of veterans and the Australian spirit.

## QUIZ AND PUZZLES ANSWERS

### Riddle

Answer: None. The doctors are Bill's sisters.

### CRYPTIC INCRE - MENTAL

C	H	O	R	D
C	H	O	R	E
S	H	O	R	E
S	H	O	N	E
S	C	O	N	E
S	C	E	N	E

### Crossword

#### Across

1. Basketball
6. Piccolo
7. Bravo
9. Erase
10. Mocha
11. Trash
12. There's a
13. Astuteness

#### Down

1. Bubble Bath
2. Salamanders
3. Empower
4. Loose Change
5. Godfathers
8. Imitate

### SPOT WORDS -

Our niece will turn eight in September

NEIGH

I'm sure I saw a biro around here somewhere

ROAR

Allen received two offers in one day

WOOF

Both owls were perched on the branch

HOWL

There was a fantastic lucky dip at the school fete

CLUCK

Hidden Word - GROWL

## ANSWERS TO BILL'S BRAIN BUSTER QUIZ

Q1: Harold Holt. Q2: Duck. Q3: Grace Kelly. Q4: The Scarlet Pimpernel.

Q5: Orson Wells. Q6: 16. Q7: Mount Vesuvius. Q8: The Famous Five.

Q9: Sisters. Q10: Charlie's Angels. Q11: Cyd Charisse. Q12: Bats.

Q13: Hopalong Cassidy. Q14: Lionel and John Barrymore. Q15 Groucho Marx.