

REACHING OUT

Keeping our Community Connected - Edition 19



FEEL GOOD NEWS: 'Spoonville'

Have you seen a community of brightly decorated spoon people on nature strips while out walking? Have you wondered what it is all about? Well, wonder no more!

The very first Spoonville was started in Berkshire, England by a creative lady Karen, who came up with the idea of making Spoony characters from wooden spoons as a way of cheering up her local community during lockdown. They are brightly decorated and planted on the roadside. Helen from Mull, spotted a photo of a friend and her daughter checking out the Berkshire Spoonville. She and her daughter decided to create their own and also posted it on Facebook. Helen's friend from Australia, saw the post and created a Spoonville in Australia with her boys, and Spoonvilles were global! The craze has grown rapidly and people are enjoying the sense of community it is bringing. Some, including the one on Beach Road, Beaumaris have included a way to leave a positive comment for all to view. There are now Spoonvilles in public places worldwide! Sandybeach is keen to get in on the act - see page 12 to find out how you can be involved!



Beach Rd Spoonville

HAPPY SNAP OF THE WEEK

NOT EVERYTHING IS CANCELLED

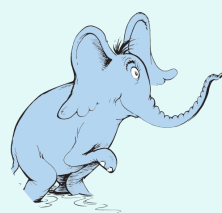
sunshine is not cancelled
spring is not cancelled
love is not cancelled
relationships are not cancelled
reading is not cancelled
naps are not cancelled
devotion is not cancelled
music is not cancelled
dancing is not cancelled
imagination is not cancelled
kindness is not cancelled
conversations are not cancelled
hope is not cancelled



#keeplookingup
SimpleStencils.com

JOKES OF THE WEEK:

People in Dubai don't like the Flintstones.
But people in Abu Dhabi do!!



*I bought my friend an elephant for his room.
He said, "Thanks."
I said, "Don't mention it."*

IMPORTANT NUMBERS

COVID-19 HOTLINE - 1800 675 398

BEYOND BLUE - 1300 22 4636

LIFELINE - 13 11 14

EMERGENCY SERVICES - 000

SANDYBEACH CENTRE - 9598 2155

KEEP MOVING WITH ANGEL

A weak gluteus maximus, the large butt muscle, can lead to pain or even injury. Strengthening and toning exercises for the buttocks don't have to be strenuous. Strong glutes can help to prevent knee pain, lower back pain, hamstring and groin pain and can be beneficial to core strength and balance



EXERCISE 1 - buttock clench sitting

- Start by doing clenching and holding for a count of five for 15 repetitions.
- As muscle tone improves, try 15 reps of a three-stage clench, tighten, then tighten more, then a little more, then do a three-stage return to the relaxed position.
- Progress to clenching one side at a time, holding the clench for a count of 10 and relaxing.
- For a variation, alternate each of the exercises and repeat this for three sets increasing the time as your muscle tone improves

EXERCISE 2 - leg lift sitting

- Start in a seated position and come forward slightly on the chair
- While clenching your right buttock, raise your right leg keeping your foot parallel to the floor
- Hold the lift for 10-15 seconds before relaxing the muscle and returning your foot to the floor
- Repeat on the left side
- Do 3 repetitions on each side



EXERCISE 3 - leg extensions standing

- Support yourself with your hands against a wall or placed on the back of a chair.
- Starting with your feet about hip-width apart, place one foot behind you and keep that leg extended, without locking your knee, as you lift it.
- Be sure to keep your head and back aligned and don't arch your back.
- The lift should come from your buttocks muscles.
- Do 10 to 15 on each side.



A reminder, please remember to do some stretches before going for a walk or any other physical activities!! As I keep saying "You will thank me for this". Have a great week and stay safe, Angel Parker.

LET'S STAY HEALTHY WITH ELANA

Exercise Your Mood

What is Exercise Your Mood?

Exercise Your Mood is the Black Dog Institute's national awareness and fundraising initiative. The campaign is designed to encourage Australians to get active and address the importance of regular exercise for not only maintaining physical health, but good mental health too.

When is it?

Black Dog Institute places a special focus on Exercise Your Mood as a fundraising and community campaign in September. However as this is an all year around message, we are encouraged to exercise our mood any time of any day and try to make this part of our daily schedule.

The Benefits of Exercise

Exercise is an evidence-based treatment for depression. It has a large antidepressant effect on mild to moderate depression and can help major depressive disorders.

The benefits of exercise for your mental health also include:

- increasing endorphins and decreasing stress hormones
- improving sleep, fitness and energy levels
- distracting from worries and interrupting the 'inactivity cycle' of depression
- providing social support and reducing loneliness
- increasing a sense of control and self-esteem.

Tips for Exercising Your Mood

Exercise doesn't have to be extremely strenuous to provide a benefit. The National Physical Activity Guidelines for Australians recommend a minimum of 30 minutes of moderate intensity exercise on most, preferably all, days of the week. You can achieve this by:

- doing something that gives you an increase in breathing and heart rate
- exercising for at least 10 minutes at a time
- combining short sessions of different activities

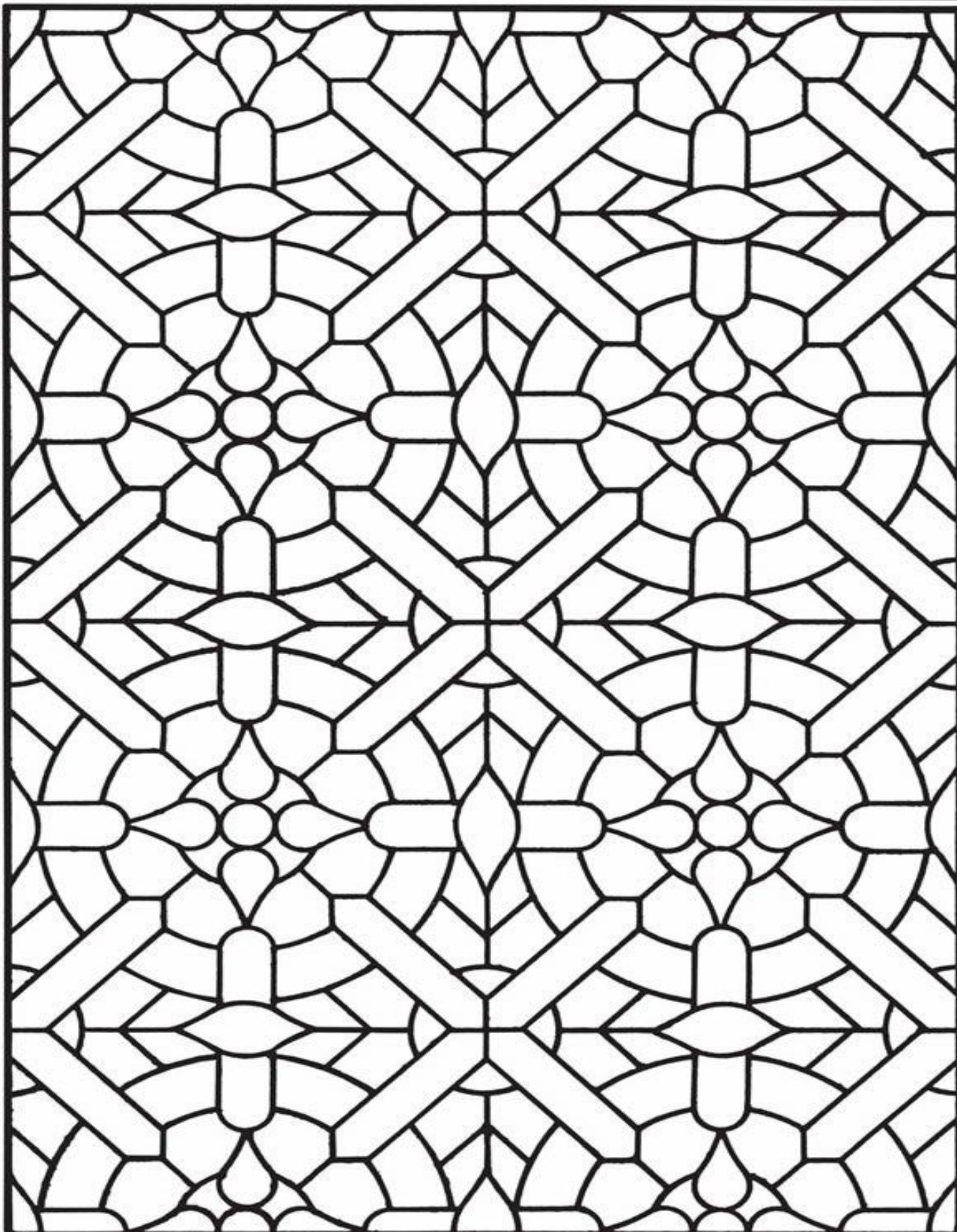
Set yourself a personal goal. If you feel daunted, start small.

The key is to find something you feel good about doing.

Information from Black Dog Institute



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



GETTING TO KNOW YOU:

NAME: Ian Beaumont

PLACE OF BIRTH: Salisbury , Rhodesia (Harare , now named Zimbabwe).



FAMILY: Wife Diana , daughters Natalie (37) and Julie (33). I have a brother living in Cambridge , England and a sister living in Durban , South Africa.

PETS: An old faithful Rhodesian Ridgeback dog called Kimba who is 13 years old and feeling her age.



HOBBIES: I enjoy cycling , walking and playing golf with friends. Also I love travelling overseas each year although current restrictions have put a hold on this.

FAVORITES: **Books:** I have a couple of authors whose books I binge on... namely David Baldacci and Chris Ryan. **Movies:** Robert de Niro in the movies 'The Irishman' and 'The Deer Hunter' **Musician:** I enjoy the music of both Neil Diamond and Paul McCartney.

TV shows: Comedies that make me laugh - Seinfeld and Blackadder. I also enjoy Michael

Mosley documentaries on SBS. Travel Destinations: I enjoy being able to catch up with my brother and sister who live in the UK and South Africa respectively. Visiting South Africa and Zimbabwe bring back memories of my childhood and teenage years. I also spent 10 years in Europe and love returning to France, Italy and the UK to catch up with family and friends.

EXTRA TIME: I am spending my spare time working through a list of tasks around the house which have been neglected over the last couple of years - ie. clearing out the garage and reorganising our office filing system. I am also doing a lot of walking around the wetlands in Edithvale and Seaford, to meet my target of 10 -15000 steps a day.

FIRST JOB: My first real job after finishing school and 12

months national service in Rhodesia was in London, England where I was recruited as a trainee Computer Operator with the Midland Bank. I spent 10 years at the bank and progressed to the position of Software troubleshooter. Since migrating to Australia in 1979 I have been employed with numerous companies as an IT Technical Support Analyst until my retirement in 2014.



SANDYBEACH: I have been with Sandybeach about 5 years - 2 years as a volunteer and the last 3 years as a bus driver bringing clients to Sandybeach for activities and programs and more recently delivering newsletters.

SOMETHING ONE MAY BE SURPRISED TO LEARN ABOUT ME:

'Age is no barrier' is my motto - I've done paragliding in Nepal, parachuting in North Queensland and crossed the Nullabor from Perth to Melbourne with my daughter. Hopefully more exciting things to come.



RIDDLE AND PUZZLES

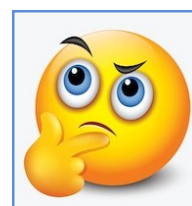
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3	1						7	8
5	6						1	4
2							3	
7		1		3		5	8	
6			2				4	9
		7	4	8	9			
9	8		1	5			2	
		3	7	2	6		9	

SUDOKU

Within the rows and columns are 9 “squares” made up of 3x3 spaces. Each row, column and square (9 spaces each) needs to be filled out with the numbers 1-9 without repeating any numbers within the row, column or square.

RIDDLE :

How many of each species did Moses take on the ark with him?



COMMON THREAD Unscramble the letters to make five words relating to the theme. The letters in the shaded squares will spell out another word relating to the theme. **THEME: FLOWER**

1 THNAHCIY

--	--	--	--	--	--	--	--

2 ORCSUC

--	--	--	--	--	--

3 LEMALCIA

--	--	--	--	--	--	--	--

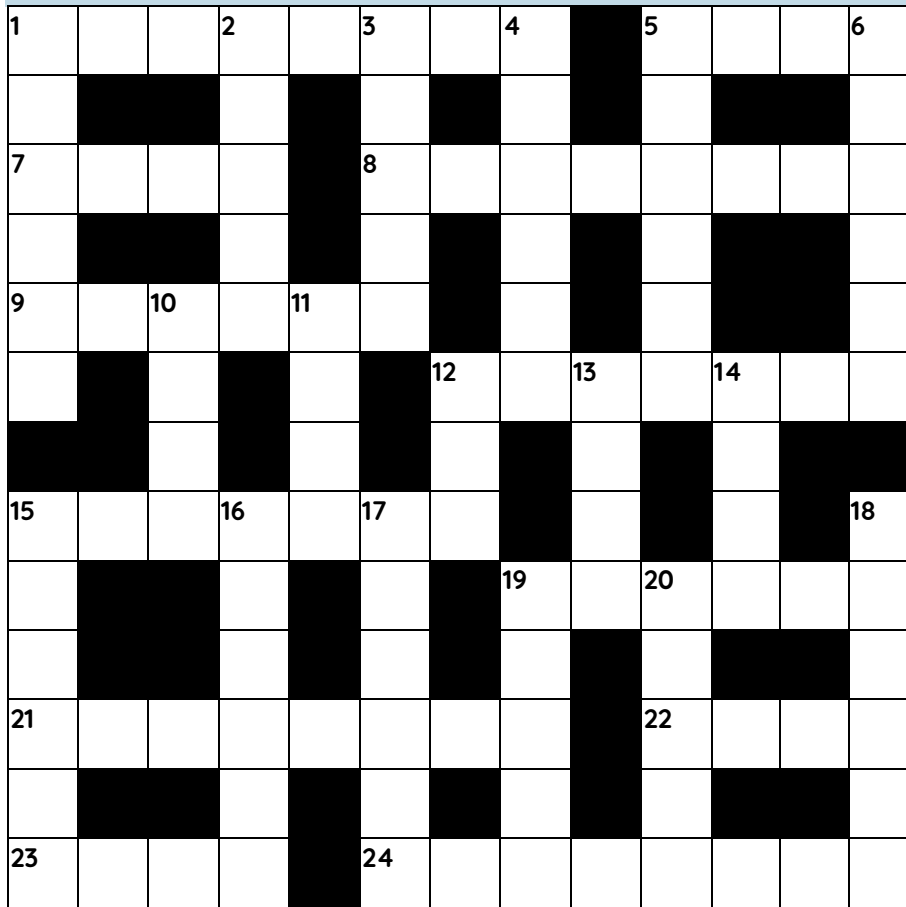
4 AFERISE

--	--	--	--	--	--	--

5 ROPEMISR

--	--	--	--	--	--	--	--

BIG CROSSWORD AND ????



PABLO PICASSO BEFORE HIS
MORNING CUP OF COFFEE

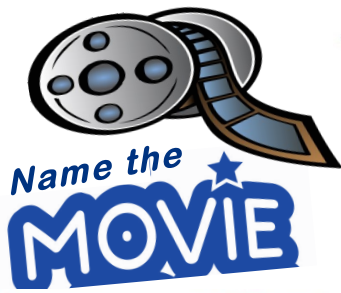


Across

- 1 Now Hawaii, ...Islands
- 5 Gulf Nation
- 7 Appalachian Basin fossil fuel
- 8 San Fransisco passenger vehicle (5,3)
- 9 French motor race city (2,4)
- 12 Falkland Islands port town
- 15 Kenyan capital
- 19 Trinidad &
- 21 Land of the Long White Cloud (Maori)
- 22 Republic Costa
- 23 Tyrolean Range, the
- 24 The Netherlands city (3,5)

Down

- 1 Palermo is there
- 2 Mouth of the Nile or Ganges
- 3 Machu Picchu builders
- 4 Tasmania's capital
- 5 North West US state
- 6 Scandanavian Kingdom
- 10 West African country
- 11 Weather feature, El
- 12 Ceylon, ... Lanka
- 13 Florence waterway
- 14 Peru's Capital
- 15 Utah's neighbour
- 16 Volga & Mekong
- 17 Lebanese capital
- 18 Californian desert
- 19 Equatorial breeze,wind
- 20 Now Myanmar



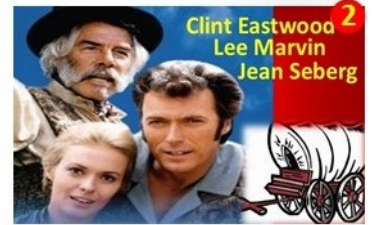
Bill's Brain Buster Quiz



Name the Movie from the images and clues below !!



- 1: "The rain may never fall till after sundown ...
By eight the morning fog must disappear".
- 2: Ben and Pardner share their gold, their booze,
the laughs and fun, even their wife Elizabeth.



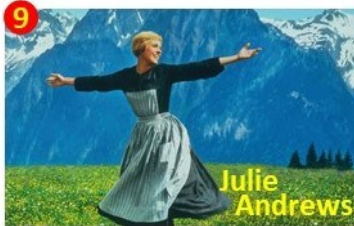
- 3: "Thank heavens for Little Girls ... Without them
what would Little Boys do" Ooh La La !!
- 4: "Wanting to tell you but afraid and shy, I'd let
my golden chances pass me by"



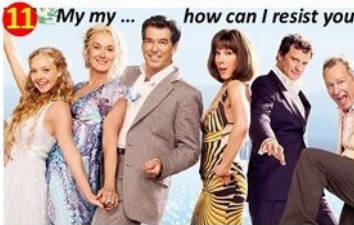
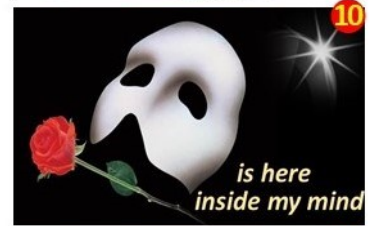
- 5: "Twenty three miles we've covered today - so
whip-crack-away, whip-crack-away ... away"
- 6: Rose, the ambitious stage mum, allows her
pretty daughter to become a famous stripper.



- 7: In Scotland, Gene dances with Cyd to the
romantic song "Almost Like Falling In Love"
- 8: "We feel the room swaying, while the band's
playing, one of your old favourite songs"



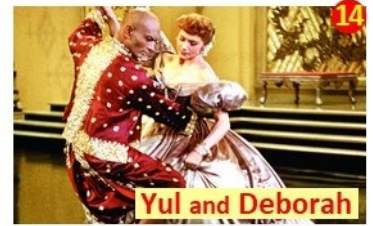
- 9: "The Hills Are Alive" with Liesl, Friedrich and
the rest of those annoying Von Trapp kids.
- 10: "Sing once again with me, our strange duet,
my power over you, grows stronger yet"



- 11: "I've been broken-hearted, blue since the day
we parted, why, why, did I ever let you go"
- 12: Dr McKenna and his wife Jo, find their son is
kidnapped so she sings "what will be will be"



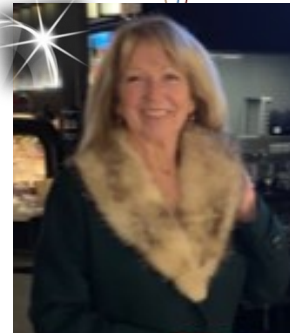
- 13: "In your Easter Bonnet, with all the frills upon
it - you'll be the grandest fella, in the ..."
- 14: "Getting to know you - Getting to know all
about you - You are precisely, my cup of tea"





Betty Lees

Quiet please, there's a lady on the stage ... who happens to be my mum - a child, a daughter, a sister, a mother, a grandmother, a best friend. Mum is a volunteer at 'Music Alive' and started there because she loves Angel and Bill and the lovely team at Sandybeach. Sometimes you'll find her helping in the kitchen or talking to one of our participants. As mum says ... *"You can achieve anything, with nothing"*.



Q. Now mum, name three of your favourite songs ?

A. *"Because"* by Mario Lanza, Streisand's *"You Don't Bring Me flowers"* and *"We'll Meet Again"*.

Q. Name two of your favourite artists that may have influenced your life in any way ?

A. I love The Tommy Dorsey Band playing all that fabulous music of the 40's. Betty Hutton in *"Annie Get Your Gun"* made me want to learn to sing and dance.

Q. With a love of movies, you were Chief of Staff at the State Theatre - tell us about that.

A. It was very exciting watching all the movies and heart-throbs of the day. I was privileged to meet Gregory Peck, Ava Gardner, Anthony Perkins and Hugh O'Brien and many others.

Q. Wow, as well as meeting Ava Gardner you were kissed by Hugh O'Brien ?

A. I was plucked out of the audience at the Wyatt Earp Show by Hugh and yes, he kissed me. And later on I was called out to fix a problem at Ava's hotel ... love them both.

Q. Mum, you were picked by Peter Fox as top of your modelling school - how did that occur ?

A. I was doing a photo shoot where you had to use your imagination and he was impressed and offered me a contract. Sadly, I couldn't take up the offer as my father lost his sight and I had to look after my family, being the eldest in a family of twelve.

Q. What are the most important things you've learnt on your life journey ?

A. What a wonderful world we live in. To look back with contentment. To forgive, love and help those in need. To have peace with one's self.



Veronica, Cameron and Andrea,
with proud mum Betty
Monday, September 14, 2020

To Our Beautiful Mum

A huge thank you from your three children who love you and are so proud of you for the strong life values you have always installed in us. We hope you know how much you mean to us and your grandchildren - always putting our needs first, and even now, as mother and grandmother at the spritely age of 82, still looking after us all. You are our inspiration !!

Love and rainbows forever. Andrea, Veronica and Cameron xxxx

POEMS OF HOPE AND BEAUTY

Hope is the thing with feathers

Emily Dickinson

Hope is the thing with feathers
That perches in the soul,
And sings the tune without the words,
And never stops at all,

And sweetest in the gale is heard;
And sore must be the storm
That could abash the little bird
That kept so many warm.

I've heard it in the chillest land,
And on the strangest sea;
Yet, never, in extremity,
It asked a crumb of me.



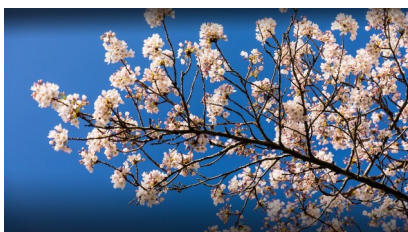
A Man may make a Remark

Emily Dickinson

A Man may make a Remark -
In itself - a quiet thing
That may furnish the Fuse unto a Spark
In dormant nature - lain -

Let us divide - with skill -
Let us discourse - with care -
Powder exists in Charcoal -
Before it exists in Fire

Emily Dickinson was born on December 10, 1830, in Amherst, Massachusetts. While she was extremely prolific as a poet and regularly enclosed poems in letters to friends, she was not publicly recognised during her lifetime. She died in Amherst in 1886, and the first volume of her work was published posthumously in 1890.



I Saw You

Joshua Henry Jones, Jr.

I saw you as I passed last night,
Framed in a sky of gold;
And through the sun's fast paling light
You seemed a queen of old,
Whose smile was light to all the world
Against the crowding dark.
And in my soul a song there purled -
Re-echoed by the lark.

I saw you as I passed last night,
Your tresses burnished gold,
While in your eyes a happy bright
Gleam of your friendship told.
And I went singing on my way;
On, on into the dark.
But in my heart still shone the day,
And still - still sang the lark.

Today

Billy Collins



If ever there were a spring day so perfect,
so uplifted by a warm intermittent breeze
that it made you want to throw
open all the windows in the house
and unlatch the door to the canary's cage,
indeed, rip the little door from its jamb,
a day when the cool brick paths
and the garden bursting with peonies
seemed so etched in sunlight
that you felt like taking
a hammer to the glass paperweight
on the living room end table,
releasing the inhabitants
from their snow-covered cottage
so they could walk out,
holding hands and squinting
into this larger dome of blue and white,
well, today is just that kind of day

ARMCHAIR TRAVEL - Paros by John Turner

In July 2018, after a three and a half hour ferry journey from Santorini island, we arrived at Paros island Greece. The weather was typical of Greece at that time of the year, blue skies, warm, and sunny.

Paros is a Greek island in the Aegean Sea best known for its thirty nine beaches, and traditional villages. Paros has a population of approximately 12,000 people.



The view from our room

Our accommodation was at Akrotiri Hotel, which is 2 km from the port, with magnificent views overlooking Parikia bay. And only 350 metres from the sea and Krios beach.

Much time was spent lounging by the pool, the beach, and sampling the local food,

wine, and beer. Breakfast was a highlight, with fresh Greek yogurt topped with local honey. We were surprised by some things on the breakfast table including spinach and feta tart and orange cake (no complaints though!)



The cobble streets of Parikia

We visited the village of Parikia which is a labyrinth of narrow streets and alleys, small hidden churches, whitewashed stone Cycladic houses and neo-classical mansions with small shops, cafes and restaurants. The ladies enjoyed wandering around the small shops, whilst the lads rehydrated with a cool beer in the shade.

On our second night we ate dinner overlooking the water in the town of Parikia, it was the perfect spot for relaxing and soaking up the atmosphere of the island. The restaurant had a beautiful outdoor seated area, which was shaded by the trees and with views over the water. The food was simple and delicious and the sunset stunning!



Lefkes hill village

On our last day we visited Lefkes village, a traditional Greek hillside village located inland. As this area is more isolated, it is a beautifully preserved, and was enchanting to explore.

The people of Paros are friendly and helpful adding to the wonderful relaxing ambience Paros. We loved exploring this island and learning more about the culture and beauty of Greece.

INTRODUCING 'SPOONPALS'

Another way to stay connected with the Sandybeach Community.

- Sandybeach Centre has been awarded a Bayside Council Inclusive Grant to support an intergenerational program.
- An Intergenerational program will bring participants of the Early Childhood program and the REACH program together to share, learn and engage with each other.
- Due to current restrictions we can't get together so we have come up with Spoonpals!
- You might have heard of or seen 'Spoonvilles' cropping up all over your local neighbourhoods. (see front page)
- Spoonpals will offer the opportunity for a Childcare participant and a REACH participant to partner up and make a decorated spoon person for each other. It's a way of introducing yourself and making a connection without meeting face to face. Like Penpals..but with Spoons!
- All the spoons will eventually make their way to our very own Sandybeach Spoonville!
- If you would like to become a Spoonpal or learn about it please contact Miranda by emailing armchairtravel@sandybeach.org.au or calling and leaving a message on 9598 2155



OUR AMAZING WORLD



The unusually large and spherical Moeraki Boulders on the West coast of the South Island of New Zealand

From Sandybeach Childcare ♥



Here is Amelia practicing mindfulness and connecting with nature. Amelia is enjoying watching the stream of water by her local creek. What a good way to relax and be in the moment.

All Along the Bay

An online art exhibition that takes us on an extraordinary voyage through the wonders of our Bayside area

Thursday 22nd October 6pm
1st, 2nd, 3rd prizes and best child entry to be announced



Online submission portal is now closed

Enquiries: please email tinab@sandybeach.org.au

We are very excited to announce that our Virtual Online Exhibition will be going 'live' on 22nd October

- All participants who have entered into the exhibition will be invited to join this live event via a zoom meet up. The link to this will be sent out prior to the event.
- A catalogue of all entries will also be posted out with our October newsletter edition
- People's choice award will be announced 2 weeks after the event

We encourage everyone who is part of our community to view the whole event through the Sandybeach website sandybeach.org.au/events. This will be available to watch from **25th October**. It also gives you the opportunity to vote for your favourite piece in the exhibition and be part of the 'Peoples Choice Award'.

"We often hear the chomping away of papers being shredded in our work place and that's where my project started. I grabbed a handful of shredded paper and started to roll each shred into a tight ball, securing the end with a good old bit of glue stick. Rolling each piece of paper took many, many hours. I actually found it quite meditative. I like to repurpose things; I like the challenge. During many of my beach walks I came across further items which added a touch of authenticity in completing 'A Scrappy Seagull' made out of scraps" by Mia Barnes



A sneaky peek!

Some of the fabulous entries so far for our online exhibition and even an inspirational story behind the artwork!



'The Wave' by Ana Greeno

READER CONTRIBUTIONS

Each week, we are featuring 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 OR send to 2 Sims St Sandringham 3191



This week's contributions come from Barbara Purcell - two very different and stunning works in acrylic.

Thanks for sharing with us Barbara - very inspiring to the budding artists among us!!

"Imagination is more important than knowledge"

- Albert Einstein



"The artist is not a special kind of person; rather each person is a special kind of artist"

- Ananda Coomaraswamy



QUIZ AND PUZZLES ANSWERS

CROSSWORD SOLUTION

Across

- 1 Sandwich
5 Oman
7 Coal
8 Cable Car
9 Le Mans
12 Stanley
15 Nairobi
19 Tobago
21 Aotearoa
22 Rica
23 Alps
24 The Hague

Down

- 1 Sicily
2 Delta
3 Incas
4 Hobart
5 Oregon
6 Norway
10 Mali
11 Nino
12 Sri
13 Arno
14 Lima
15 Nevada
16 Rivers
17 Beirut
18 Mojave
19 Trade
20 Burma

RIDDLE ANSWER :

None, Moses wasn't on the ark Noah was.

COMMON THREAD (EXTRA WORD TULIP)

H	Y	A	C	I	N	T	H
C	R	O	C	U	S		
C	A	M	E	L	L	I	A
F	R	E	E	S	I	A	
P	R	I	M	R	O	S	E

SUDOKU SOLUTION

8	7	2	9	4	1	6	5	3
3	1	4	5	6	2	9	7	8
5	6	9	3	7	8	2	1	4
2	4	5	8	9	7	1	3	6
7	9	1	6	3	4	5	8	2
6	3	8	2	1	5	7	4	9
1	2	7	4	8	9	3	6	5
9	8	6	1	5	3	4	2	7
4	5	3	7	2	6	8	9	1

When you're short and no one takes you seriously



ANSWERS TO THE BRAIN BUSTER

- Q1: Camelot. Q2: Paint Your Wagon. Q3: GiGi. Q4: Carousel.
Q5: Calamity Jane. Q6: Gypsy. Q7: Brigadoon. Q8: Hello Dolly.
Q9: The Sound Of Music. Q10: The Phantom Of The Opera.
Q11: Mamma Mia. Q12: The Man Who Knew Too Much.
Q13: Easter Parade. Q14: The King And I.

SANDYBEACH CARERS

Sharing Information and Connecting with Carers

Victorian Support for Carers Program

The Victorian Support for Carers Program is a Victorian State government initiative which provides respite and other support to carers of people with care needs. You may be supporting a person with a disability, mental illness, chronic condition, an older person with care needs, or a person in palliative care. The program focuses on person centred care and support through:

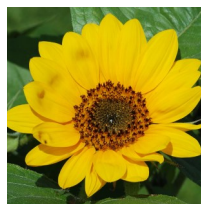
- one-off or short-term support for carers including goods and equipment, that can add to other services or fill service gaps
- support to people in a care relationship, and at the same time and at the same place if people want to be together while having the support service
- supporting people's wellbeing; quality of life, physical and mental wellbeing, social activity and or social connections. For example carers can get respite with social, health and other support

To find your local Victorian Support for Carers Program local service, ring free call 1800 514 845 for information and help

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Useful Resources:

Carers Victoria **1800 514 845**

Lifeline **13 11 14**

Beyond Blue **1300 224 636.**

National Dementia Helpline **1800 100 500**

Carer Gateway **1800 422 737**

CONVERSATIONS with



Carers Victoria's new videocast *Conversations with Carers Victoria* has now launched via Zoom

Every Monday, Wednesday and Friday at 2pm we'll be online talking with carers about ways to tend to their wellbeing and even learn something new.

The videocast is interactive and there will be the opportunity to communicate with the host via the chat function.



WE WANT TO HEAR FROM YOU!

Let us know if you have found connecting with other carers beneficial
armchairtravel@sandybeach.org.au

PH: 9598 2155