

# REACHING OUT

Keeping our Community Connected - Edition 20



## FEEL GOOD NEWS:

### Jaxson's Not Hot, He's Cool

Red carpet designer Jason Grech has used his downtime to create a couture collection for dogs! The collection featuring bow ties, collars, leads



and beds was inspired by Grech's beloved poodle Jaxson. 'I was searching for cool collars and leads and didn't find any I liked so I decided to make my own for Jaxson'.

The popular Melbourne bridal designer and celebrity red carpet favourite said the shutdown of weddings and events had left him with little to do until he embarked on the passion project. 'I knew I had to do something when we went into lockdown two. As a business owner, I need to ensure that my business continues to grow. Events have halted so I had to figure out what I could do that keeps me connected with my customers and keeps my brand alive.'



*Story and image from the Herald Sun Newspaper, Saturday 5 September 2020 (thanks to Elana for finding this cute story!)*

## HAPPY SNAP OF THE WEEK

Nikki Webster's daughter tries on the dress her Mum wore 20 years ago at the opening of



the Sydney Olympics to soar high above the crowds ♥



Check out the back page for some exciting online activities as part of the Bayside City Council Seniors Festival

## JOKES OF THE WEEK:

I was playing chess with a mate and he said "let's make this more interesting". So we stopped playing chess.



My doctor told me exercise will add years to my life. And it's true. I just did 5 push ups and feel like I'm 90

## IMPORTANT NUMBERS

COVID-19 HOTLINE - 1800 675 398

BEYOND BLUE - 1300 22 4636

LIFELINE - 13 11 14

EMERGENCY SERVICES - 000

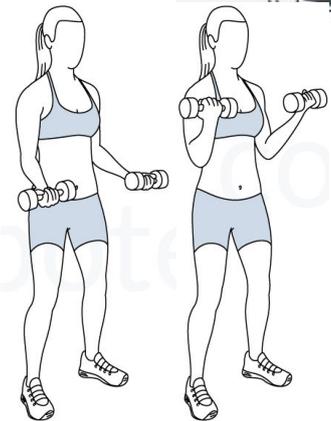
SANDYBEACH CENTRE - 9598 2155

## KEEP MOVING WITH ANGEL

### EXERCISE 1:

#### Bicep Curls (seated or standing)

- If doing the seated version, sit on a chair with feet wider than shoulder width apart.
- If standing, stand with legs hip width apart and brace your core as you do the lift.
- 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.

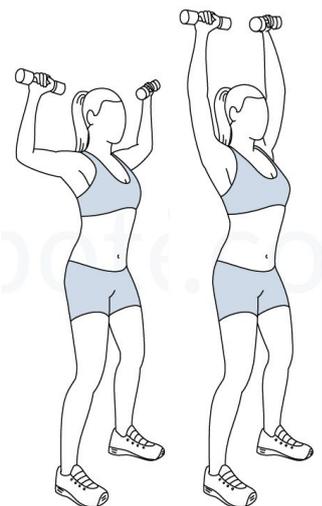


*Breathe out when you're lifting the weights and breathe in as you bring them down*

### EXERCISE 2:

#### Shoulder Press (seated or standing)

- Hold weights in each hand, and sit on a chair with back support with feet flat on the floor and hip width apart. Brace your core for the lift.
- If standing, stand with feet hip width apart and brace your core for the lift.
- Bend your elbows and raise upper arms to shoulder height, weights should be at ear level.
- Lift weight **keeping elbows soft**.
- Return to starting position
- Do two sets of 10 repetitions and increase at your own pace.



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

### Zucchini Fritters

#### Ingredients

- 3 medium zucchinis, grated
- 1 teaspoon of salt flakes, plus extra to serve
- 1 cup self raising flour, sifted
- 2 free range eggs, chilled
- 1/3 cup soda water, chilled
- 2 spring onions, finely chopped
- 1 garlic clove, crushed
- 1/4 cup of parmesan cheese, grated
- 1 tablespoon of finely chopped herbs such as parsley and mint
- Vegetable oil for shallow frying

#### Method

1. Grate zucchini, toss through 1 teaspoon of salt and set aside for 10 minutes. Place zucchini in a clean tea towel and squeeze out excess juice. Place flour in bowl, make a well and add eggs, soda water and whisk until it makes a smooth batter.
2. Add spring onion, garlic, parmesan, herbs and zucchini to batter and combine. In a medium pan, fry spoonfuls of mixture until crispy and add extra salt to serve.

### Fit and Fabulous

#### Fit and Fabulous Online Class

**Tuesday 6 October 9.15am - 10.15am**

**Cost: Free**

**Join us for the exciting launch of our online exercise class - Fit and Fabulous.**

This class is suitable for all fitness levels and will allow you to work at your own pace and ability. Move to music while you build strength, improve your balance and tone your muscles. Don't have any gym equipment at home? Never fear, we can use household items like cans of beans instead of weights. Enjoy being part of a fun group that loves to exercise!

This class will be held on Zoom.

**This event is being run as part of Bayside City Council Seniors Festival.**

**Book online at:**

**[www.sandybeach.org.au/events](http://www.sandybeach.org.au/events) or call 9598 2155**

**or email: [admin@sandybeach.org.au](mailto:admin@sandybeach.org.au)**



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



## **GETTING TO KNOW YOU: Emma Raverty**

**PLACE OF BIRTH:** Melbourne

**FAMILY:**

Husband - Mick, and 2.5 year old daughter- Abigail.

**PETS:**

We adopted a kitten during the first week of lockdown #1. Best decision we made, as she has been a great source of entertainment and an instant best friend to Abigail, they've been inseparable since the moment we brought Pebbles home.



**HOBBIES:**

I enjoy doing a bit of home DIY projects. I'm pretty bad at it, but I have done a lot of painting of doors, fences, a fireplace, I've ripped up flooring, and excavated tree roots and soil in the front yard. I'm about to build a bird feeder and put together a cubby house.

**FAVOURITE HOLIDAY DESTINATION:**

Palm Cove, Queensland. I hope to visit again sometime soon. It's a beautiful quiet spot, and one full of fond memories, my husband proposed to me on the beach there.

**HOW ARE YOU TAKING ADVANTAGE OF THE EXTRA TIME AT HOME?**

I'm just really grateful for the extra hours of seeing my daughter grow and develop, and taking the time to cherish all those small moments, like going to the park and looking for bugs or making playdough from scratch, the moments that often get rushed through when life was more complicated.

**HOW LONG HAVE YOU BEEN AT SANDYBEACH / WHAT IS YOUR ROLE?**

I started in 2006, so I've been working at Sandybeach for 14 years!! My main role is in the STEP department, where I provide support and teach a 'getting ready for employment' program for adults with disability. More recently I've started providing administrative support to REACH co-ordinator Juliet, and my role relates to reporting to funding bodies and small administrative tasks like creating documents, data entry and updating processes.



**WHAT IS SOMETHING WE MAY BE SURPRISED TO LEARN ABOUT YOU?**

I'm older than you probably think. Always getting mistaken for looking younger, I'll be 38 this year.

## RIDDLES AND PUZZLES

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

### 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.

### TWO RIDDLES:

1. **You’re running a race and pass the person in 2nd place. What place are you in now?**
2. ***Some months have 30 days, and some months have 31 days. How many have 28?***



**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: BIRDS**

1 LASULEG 

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2 ACCOCOTOKO 

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3 GOLFIMAN 

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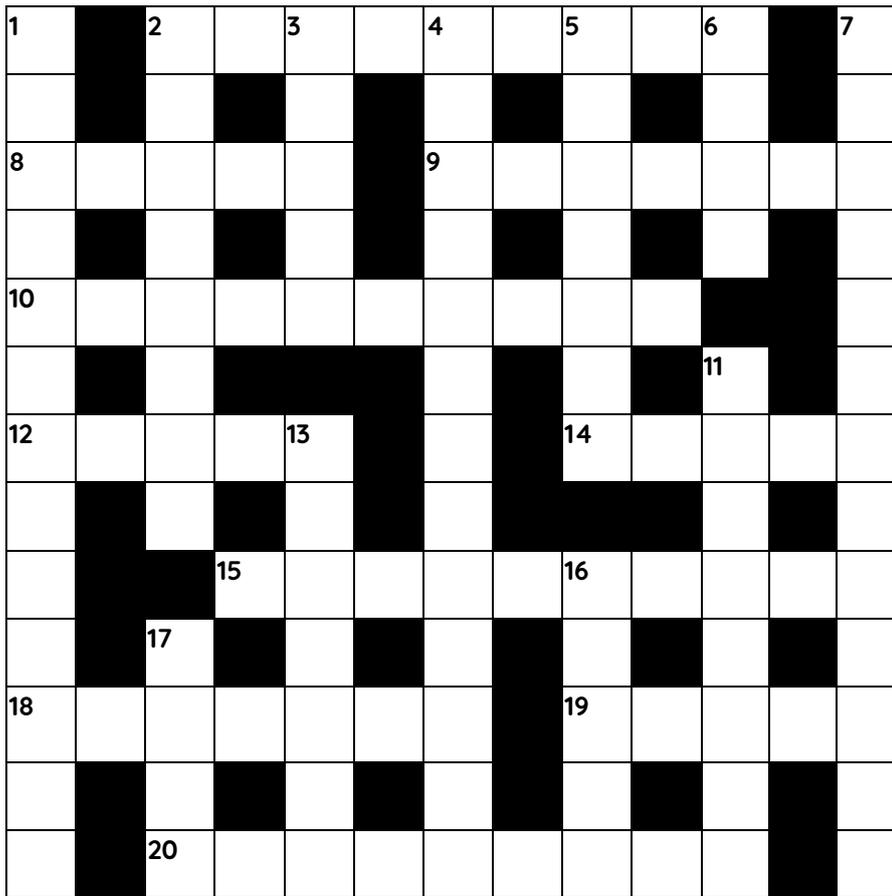
4 WROSPAR 

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5 HIFNC 

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## BIG CROSSWORD



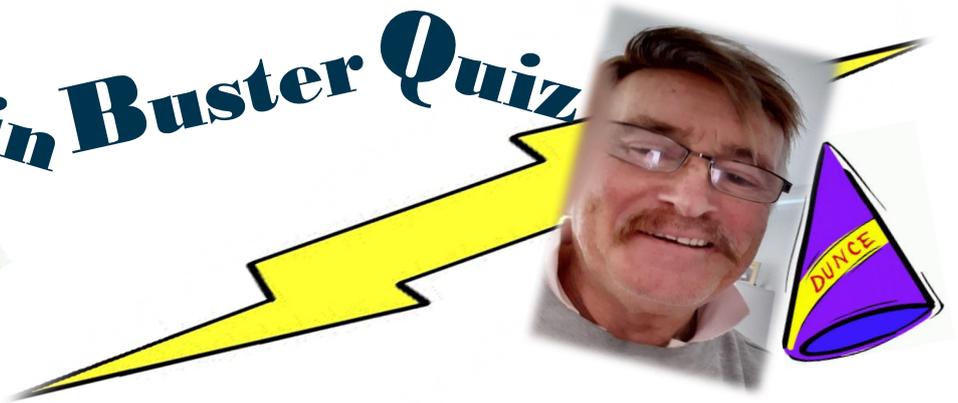
### Across

- 2 set up, put in place (9)
- 8 swords (5)
- 9 merciful, tolerant (7)
- 10 Female inhabitant of Paris (10)
- 12 physical strength, force (5)
- 14 Resident of Riyadh (5)
- 15 corrected digitally (photo) (10)
- 18 A North African country (7)
- 19 A dramatic work set to music (5)
- 20 Humorous accounts (9)

### Down

- 1 too crowded (country) 13)
- 2 prominent facial features (8)
- 3 assignments (5)
- 4 noticeboard (8,5)
- 5 A team's turn (cricket) (7)
- 6 shades (4)
- 7 locked up (3,6,4)
- 11 with no pity or compassion (8)
- 13 re print (7)
- 16 War vessel (1-4)
- 17 Indian native (4)

# Bill's Brain Buster Quiz



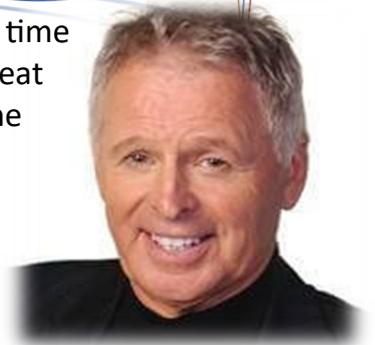
- Q 1** Which debonaire English actor wrote two autobiographies ... *'The Moon's A Balloon'* and *'Bring On The Empty Horses'* about his early life in Hollywood ?
- Q 2** Can you name the American singer (*pictured*) who topped the charts in 1952 with these beautiful lyrics ... *"Fly the ocean in a silver plane, see the jungle when it's wet with rain, but remember darling till you're home again ... You Belong To Me"* ?
- Q 3** Which artist in 1508 - 1512 painted the ceiling of the Sistine Chapel ?
- Q 4** In 1961 British politician John Profumo had an affair with which 19 year old model ?
- Q 5** In 1972 Melbourne witnessed Bobby Limb in the role of Jimmy Smith in the live musical *'No No Nanette'* but which American leggy dancer starred as Jimmy's wife, Sue ?
- Q 6** What long running iconic Australian variety TV show featured fun characters named Dickie Knee, Ozzie Ostrich and Plucka Duck ?
- Q 7** Who used a carving knife to cut off the tails of the three blind mice ?
- Q 8** What is the middle name (*nick name*) of piano player Joe "**F**" Carr ?
- Q 9** Name the song ... *"I don't want a bunny or a kitty, I don't want a parrot that talks, I don't want a bowl of little fishes, you can't take a goldfish for walks."*
- Q 10** In the 1967 movie musical *'Thoroughly Modern Millie'* - Millie's friend Dorothy Brown is played by Mary Tyler Moore but who starred as the flapper, Millie Dillmount ?
- Q 11** What Beatles hit begins with the lyrics *"When I get older losing my hair, many years from now, will you still be sending me a valentine, birthday greetings bottle of wine" ?*
- Q 12** Bob Denver played the high school beatnik Maynard G Krebs (*pictured*) in which 1959-1963 TV series about a teenage 'girl chasing' guy with the opening lyrics *"Is she blonde, is she tall, is she dark, is she small, is she any kind of dreamboat at all - no matter, he wants a girl to call his own" ?*
- Q 13** Leaving Kalgoorlie going to Melbourne ... Are you heading North, South, East or West ?
- Q 14** Mrs Slocombe and Miss Brahms served in the 'Ladies Separates and Underwear' department of Grace Brothers, in which British TV sitcom that ran from 1972 to 1985 ?
- Q 15** The slang words "twenty quid" is for what amount of money in imperial currency ?
- Q 16** Who said ... *"Politicians and diapers must be changed often, and for the same reason" ?*





**Tony Barber**

Gold Logie Award winner Tony Barber is best known as the long time host of Channel Nine's 'Sale Of The Century' having previously hosted 'Great Temptation' and 'Family Feud'. After an eleven year stint with 'Sale Of The Century' he moved on to 'Jeopardy' and finally to the immensely popular 'Wheel Of Fortune'. The demand for Tony's services as a singer and all round entertainer is as great today as it has always been.



**Q. Now Tony, name a couple of your favourite songs.**

A. Joni Mitchell singing 'Both Sides Now' and 'Something' by The Beatles.

**Q. Is there a singer or band that may have influenced you into getting into showbiz ?**

A. Just love the laidback and cool style of Johnny Mathis, Tony Bennett, Andy Williams, Perry Como and Dean Martin - these guys being the last of the great crooners.

**Q. How did your journey into show business begin ?**

A. I was an under 11 boy soprano in the '50's - champ of the catholic schools in West Australia.

**Q. What would you say would be the best gig you've done ?**

A. Australia II winning The America's Cup - I sang the National Anthem at the celebration party as I remember and led the singing of 'For He's a Jolly Good Fellow' for Bondy !!

**Q. Now Tony, you were the face and voice for Cambridge - how did you get that job ?**

A. I was the Advertising Account Executive for Rothmans Cigarette Company and at the launch of their new product 'Cambridge', the male model we'd booked didn't turn up, so rather than re-schedule I jumped in, sang the song, mimed the whistling and that's showbiz history.

**Q. After that you became the host of the very popular game show 'Great Temptation'.**

A. Yes 'Great Temptation' with Barbie Rogers was my TV game show launch, followed by 'Sale Of The Century' with Delvene Delaney and later Alyce Platt. "Sale" became Channel 9's biggie, which led to me winning TV Week's Gold Logie for most popular personality.

**Q. What is it that you like most about performing ?**

A. The challenge of summing up or sensing the nature and appetite of an audience and then reaching into one's grab bag to satisfy it.



**Mr Tony Barber, one of the Greats ...** *Tony, I had the pleasure of singing a duet "The Music of the Night" with you on one of your albums. That was one of the best highlights of my career, thank you for that and thank you for sharing your love and time with us today. Love Andrea xx*

## ARMCHAIR TRAVEL - Stewart Island (Rakiura) - Sabrina Blom

In March 2018 John and I spent a week on Stewart Island, in the far south of New Zealand. We travelled there via Queenstown, took a bus to Bluff and then a bumpy ferry ride across the Foveaux Strait.



Most of the Island's population of 400 live in the small settlement of Oban. We stayed in a cosy, self-catering cottage there as a daily expedition base. Nearly 90 percent of the island is National Park, with over 280 kilometres of walking tracks. It's a haven for penguin, weka, tui and over 13,000 kiwi. Seals and sea lions loll on the rocks and whales and dolphins come into the bays. Albatross can be seen migrating south. Every day we went walking along well-maintained bush tracks, most of which gave us peaceful views of golden

beaches and pebbly bays. We met very few other walkers.

Once we took a small ferry to Ulva Island, tucked away in nearby Paterson Inlet. Ulva is a completely predator-free environment, so we were able to see South Island saddleback, mohua, rifleman, Stewart Island robin and also several flightless weka on the beach.



We usually had dinner at the South Sea Hotel because it serves delicious, freshly-caught local crayfish, mussels, blue cod, salmon, oysters, and paua (abalone). Trekkers who've just spent three days in the wilderness on the Rakiura Track mix with bobble-hatted fishermen, dreadlocked oyster farmers and Maori muttonbird harvesters. One night we did



eat muttonbird: the flavour was like fish-flavoured chicken and it was slightly oily but very tasty. Stewart Island is famous for its mud, rain and sandflies but we had little mud, mostly fine weather, and only one sandfly bite between us. The Island is a wild and unique place, with relaxed and friendly inhabitants. We'd love to go there again.

*Thanks for sharing Sabrina - sounds like a great trip!*

**PAM AYRES**

**Poem about the coronavirus**

I'm normally a social girl  
I love to meet my mates  
But lately with the virus here  
we can't go out the gates.



You see, we are the 'oldies' now  
We need to stay inside  
If they haven't seen us for a while  
They'll think we've upped and died.

They'll never know the things we did  
Before we got this old  
There wasn't any FaceBook  
So not everything was told.

We may seem sweet old ladies  
Who would never be uncouth,  
But we grew up in the 60s -  
If you only knew the truth!

There was sex and drugs and rock 'n roll  
The pill and miniskirts  
We smoked, we drank, we partied  
And were quite outrageous flirts.

Then we settled down, got married  
And turned into someone's mum,  
Somebody's wife, then nana,  
Who on earth did we become?

We didn't mind the change of pace  
Because our lives were full  
But to bury us before we're dead  
Is like red rag to a bull!

So here you find me stuck inside  
For 4 weeks, maybe more  
I'd finally found myself again  
Then I had to close the door!

It didn't really bother me  
I'd while away the hour  
I'd bake for all the family  
But I've got no flaming flour!

Now Netflix is just wonderful  
I like a gutsy thriller  
I'm swooning over Idris  
Or some random sexy killer.

At least I've got a stash of booze  
For when I'm being idle  
There's wine and whisky, even gin  
The wave of plonk is tidal!

So, let's all drink to lockdown  
To recovery and health  
And hope this awful virus  
Doesn't decimate our wealth.

We'll all get through the crisis  
And be back to join or mates  
Just hoping I'm not far too wide  
To fit through the flaming gates!



## DID YOU KNOW? By Nick Turner - The Psychology behind Rock Paper Scissors

In 2005, two auction companies, Southby's and Christie's, were eager to sell an art collection collected by Takashi Hashiyama worth \$20 million. This collection included works by Picasso, Van Gough, and Paul Cézanne. However Hashiyama couldn't decide between the two auction companies, so he left it up to a game of rock paper scissors.

Both companies were given a few days to make their choice. Interestingly, Southby's admitted that *'we didn't really give it that much thought'*, however the team at Christie's researched the psychology behind the game, and even talked to an employee's 11 year old twins who *'played the game almost every day at school'*. The twins offered this advice *'Everybody knows you always start with scissors. Rock is way too obvious, and scissors beats paper'*.

Christie's went with scissors, and won the rights to the auction.

Surprisingly, a later Chinese study from Zhejiang University in 2014 seems to back up the twins' own logic, stating ***'Choose rock for rookies. Rock is a typical opening move for rookies, especially for men, since rock is associated with strength and fortitude.'***



### OUR AMAZING (cute) WORLD



#### Squirrels use sleight of hand

According to a Princeton University study, grey squirrels are capable of remembering where thousands of nuts are buried - for months at a time. They'll even use subterfuge to trick would-be nut takers; in a 2010 study, squirrels who knew they were being watched dug fake caches for their nuts, making a show of digging holes and patting them over with dirt while hiding their precious nuts under their armpits or in their mouth until they could find a more suitable hiding spot elsewhere!

### From Sandybeach Childcare



**'Dr Cruz is ready to help any of our friends who may be feeling unwell and is available for Telehealth appointments. Book now!'**

# 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**



**Enquiries: please email [tinab@sandybeach.org.au](mailto:tinab@sandybeach.org.au)**

Trinh's resin paintings are inspired by her love for the sea, its ever changing beauty, whether it's the interplay of the light on the multi spectrum of blue, turquoise and green colours of the sea; the moving tides creating interesting swirling patterns on the sand bank; the vivid colours that lie beneath the sea; incredible sunrises and sunsets creating magical colours and ambiance across the infinite sky. Living closely with her natural surroundings, she sees nature's beauty as a gift and daily life as a privilege.



**'Back Beach Rockpool'**  
**by Trinh Watson**

## Virtual Online Exhibition '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](http://sandybeach.org.au/events)**

This will be available to watch from **23rd October**. It also gives you the opportunity to vote for your favourite piece in the exhibition and be part of the 'Peoples Choice Award'.

## *A sneaky peek!*

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



**'Forgotten' by Jill Remnant**

## 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](mailto:armchairtravel@sandybeach.org.au) OR send to 2 Sims St Sandringham 3191**

**This week's contributions come from Rose Mazandirani who has been enjoying the Mindful Colouring pages in Reaching Out. Lovely Rose, thanks for sharing and keep up the good work!**



## QUIZ AND PUZZLES ANSWERS

### CROSSWORD SOLUTION

#### Across

- 2 establish  
8 epees  
9 lenient  
10 Parisienne  
12 power  
14 Saudi  
15 airbrushed  
18 Tunisia  
19 opera  
20 anecdotes

#### Down

- 1 overpopulated  
2 eyebrows  
3 tasks  
4 bulletin board  
5 innings  
6 hues  
7 put behind bars  
11 ruthless  
13 reissue  
16 U-boat  
17 Inca

### SUDOKU SOLUTION

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

### RIDDLE ANSWERS:

- You're in second place. You didn't pass the person in first.
- All of them

### COMMON THREAD (EXTRA WORD GALAH)

S	E	A	G	U	L	L	
C	O	C	K	A	T	O	O
F	L	A	M	I	N	G	O
S	P	A	R	R	O	W	
F	I	N	C	H			



## ANSWERS TO THE BRAIN BUSTER

- Q1: David Niven. Q2: Jo Stafford. Q3: Michelangelo.  
Q4: Christine Keeler. Q5: Cyd Charisse. Q6: Hey Hey It's Saturday.  
Q7: The Farmer's Wife. Q8: Fingers.  
Q9: How Much Is That Doggie In The Window. Q10: Julie Andrews.  
Q11: When I'm 64. Q12: The Many Loves Of Dobie Gillis. Q13: East.  
Q14: Are You Being Served. Q15: Twenty Pounds. Q16: Mark Twain.

# SENIORS FESTIVAL EVENTS



In line with the Bayside City Council's Seniors Festival, Sandybeach is offering a number of FREE online experiences during October. The Seniors Festival aims to acknowledge and celebrate older residents and the valuable contribution you make to Bayside.

## **Fit and Fabulous - Tuesday 6 October 9.15 - 10.15am - cost: Free**

Join us for the exciting launch of our online exercise class – Fit and Fabulous. This class is suitable for all fitness levels and will allow you to work at your own pace and ability. Move to music while you build strength, improve your balance and tone your muscles. Don't have any gym equipment at home? Never fear, we can use household items like cans of beans instead of weights! Enjoy being part of a fun group that loves to exercise!

## **Happy Show - Friday 9 October 10.30 - 11.30am - cost: Free**

An uplifting event for all ages brought to you by Andrea Lees and her team of talented performers. Sing along to your old favourites, tap your toes to new tunes and stretch your brains with our music quiz! This show marks the launch of Sandybeach's brand new Intergenerational Program - bringing together music lovers across the generations. Supported by our Bayside Council Inclusive Grant.

## **Caring For You online workshop - Tuesday 13 October 10.30 - 11.30 am - cost: Free**

Caring for a loved one? Join our session on the importance of also caring for yourself. This free online workshop co-hosted with Carers Victoria is designed to enhance carers wellbeing.

## **Online Arty Party - Thursday 15 October 4.00 - 6.00pm - cost: Free**

Join us from the comfort of your own home for a relaxed creative art session learning to draw the splendid Sulphur-Crested Cockatoo, native to our Bayside area. No experience necessary. Our friendly and experienced Art Tutor, Tina will guide you step by step as you create your artwork with plenty of tips and techniques along the way

## **Chair based yoga taster class - Thursday 22 October 2.00 - 2.45pm - cost: Free**

One of the best places to start yoga as a beginner is feeling fully supported whilst sitting upright in a chair, learn the foundations of the classic yoga movements from a seated position online from the comfort of your own home.

Get more information or book online at [sandybeach.org.au/events](https://sandybeach.org.au/events)  
or call 9598 2155 or email: [admin@sandybeach.org.au](mailto:admin@sandybeach.org.au)

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