

# REACHING OUT

Keeping our Community Connected - Edition 7



## FEEL GOOD NEWS...

A few nice stories from the internet.,,,

My day was made when going through the drive through of my local coffee shop, the person in front of me paid for my coffee, \$6. It really made my day because it was my birthday and distancing rules meant that the party I wanted for my special number birthday couldn't happen, nor could celebrating at work with tea and a cake. The person in front of me could not possibly have known it was my birthday.

I waited a couple of days until it felt right and I did the same for the person behind me at same coffee shop. I got an appreciative wave.

Tonight hubby and I went to get drinks for ourselves & our kids on our way to pick up our grocery order. The person in front of us had their order paid for, so they put \$10 on the till for us. So it has come back to us again. Now hubby will pay it forward at some point over the weekend and make someone's day. 😊

*My 11 year old son made three batches of brownies today to deliver anonymously to 21 of our neighbours. He went to the doors, rang on the door bell, left the little package and walked off. He felt such a buzz to do something kind without expectation of anything at all in return. ❤️*

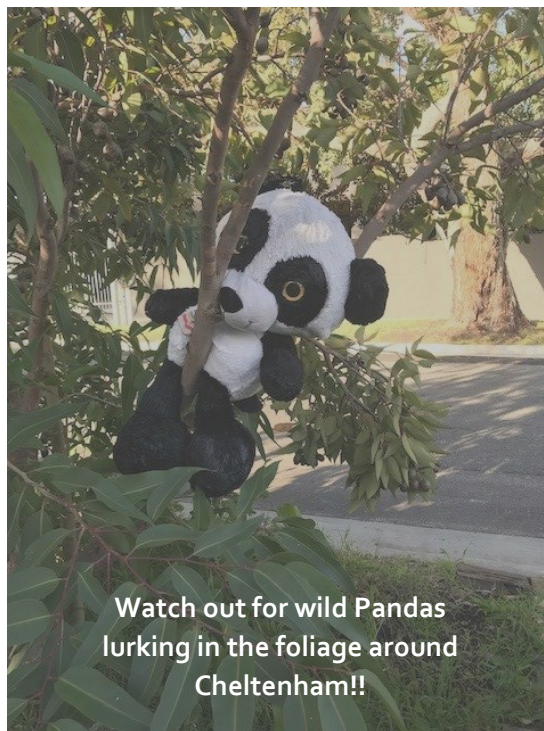


Did they really know what they were doing at the time? My mum's abandoned kittens that were found at 10 days old in South Australia while we were having our terrible bushfires and hand-reared by myself and my mum.



One in a million photo!..not staged, just taken while changing sheets. Just sharing as I love this simple pic of Patch and Leo... 🐱❤️🐱

## HAPPY SNAP OF THE WEEK



Watch out for wild Pandas lurking in the foliage around Cheltenham!!

## IMPORTANT NUMBERS

COVID-19 HOTLINE - 1800 675 398

BEYOND BLUE - 1300 22 4636

LIFELINE - 13 11 14

EMERGENCY SERVICES - 000

SANDYBEACH CENTRE - 9598 2155

## JOKES OF THE WEEK

The soldier who survived mustard gas and pepper spray is now a seasoned veteran



Atheism is a non-prophet organisation.

## KEEP MOVING WITH ANGEL

### EXERCISE 1

#### STAR JUMPS - SEATED OR STANDING

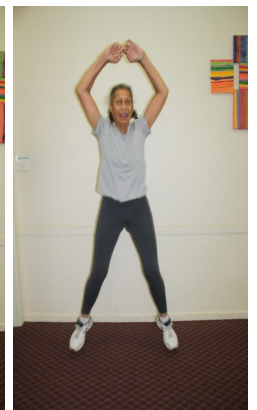
##### Seated

- Come forward on the chair, legs hip width apart.
- Both arms above the head, elbows slightly bent, extend right leg out to the side at the same time bring both arms down, bring the right leg back to the centre and extend the left leg out.  
(see picture)



##### Standing

- Extend legs out past the hip line arms above the head, lift both legs up off the floor and at the same time bring the arms down.  
(see picture)



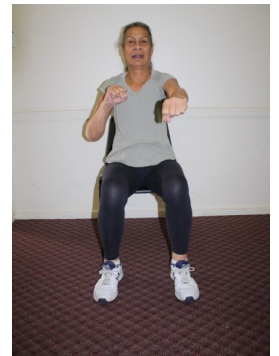
Do 2 sets 10 repetitions

### EXERCISE 2

#### BOXING - SEATED OR STANDING

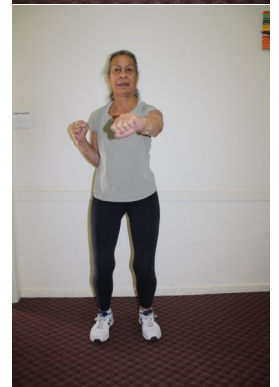
##### Seated

- Come forward on the chair legs hip width apart.
- Make a fist with both hands, arms to be below the shoulder line, punch with right hand and return right back towards the body and repeat with the left arm. (see picture)



##### Standing

- Extend legs out past hip line, knees slightly bent, extend the right arm out punching return to the body and repeat the movement with the left arm. (see picture)



Do 2 sets 10 repetitions.

Always remember, do as much as you can and do all exercises slowly.  
You will thank me for this!!!!.

Have fun everyone, take care and stay safe, Angel Parker

# LET'S STAY HEALTHY WITH ELANA

## 2 Minute Noodles Carbonara

### Ingredients

- 1 packet 2 Minute Chicken Noodles
- 1 spring onion, sliced
- 1 - 2 rashers of bacon, diced
- 1/4 teaspoon minced garlic
- 50 ml of thickened cream
- Parmesan cheese
- Parsley

**Note:** You can add chicken or additional vegetables such as spinach or mushrooms if you like

### Instructions

1. Cook 2 Minute Chicken Noodles in a saucepan following packet instructions then add in the chicken flavouring
2. Drain the noodles, reserving 2 - 3 tablespoons of water
3. While noodles are cooking, add the sliced spring onion, diced bacon and garlic to a greased hot frying pan
4. Cook for 30 seconds or until the onion has softened and bacon golden
5. Slowly add the thickened cream and once it has heated through add the noodles and 1 tablespoon of reserved water. Toss the noodles to coat in sauce
6. Add more reserved water if needed. Sprinkle with parsley and parmesan cheese



## Practice Good Hygiene during the Coronavirus (COVID-19)

- Cover your cough and sneezes with your elbow or a tissue
- Put used tissues straight into the bin
- Wash your hands often, with soap and water - sing 'happy birthday' while washing thoroughly
- Use alcohol based hand sanitisers
- Avoid touching your eyes, nose and mouth
- Clean and disinfect frequently used surfaces such as benches, desks and objects such as phones and keys.



## MINDFUL

**COLOURING** can be relaxing and helpful in relieving stress.

Why don't you give it a go ?

This image is part of the "Tree of Life" painted by Gustav Klimt in 1909 (see a section of the original below but use colours that bring you happiness)



# GETTING TO KNOW YOU

## Elana Pedersen

### Family

I have a 20 year old daughter, Rachel, who is studying Nursing at Deakin Burwood. She has wanted to be a nurse since she was a little girl. I have an older sister, Andrea, and a dog named Maggie. My mum, Marjorie is 91, and an avid Melbourne FC member who introduced me to the game as a child, and then I started taking Rachel to AFL games when she was just 3 years old!



### Life Before Sandybeach Centre

I studied at Footscray Institute of Technology (FIT) which became Victoria University. I gained a Bachelor of Applied Science in Physical Education, then studied a Diploma of Education and then a Post Grad in Rec and Sports Management. After graduating I got my first full-time job at Malvern Council at Harold Holt Swim Centre as Assistant Manager– the first female in a managerial role. I was there for 8 years. My other long standing job was at the Boroondara Council as the Community Recreation Officer. I worked there for 4 years until I went on maternity leave at the end of 1999 to have Rachel.

### Sports

I am a competitive swimmer– I was one of those kids that got up at 4.30am and trained before and after school. I won National medals and am now a swimmer and coach at Malvern Marlins Masters Swim Club. Rachel and I sail at Parkdale YC.

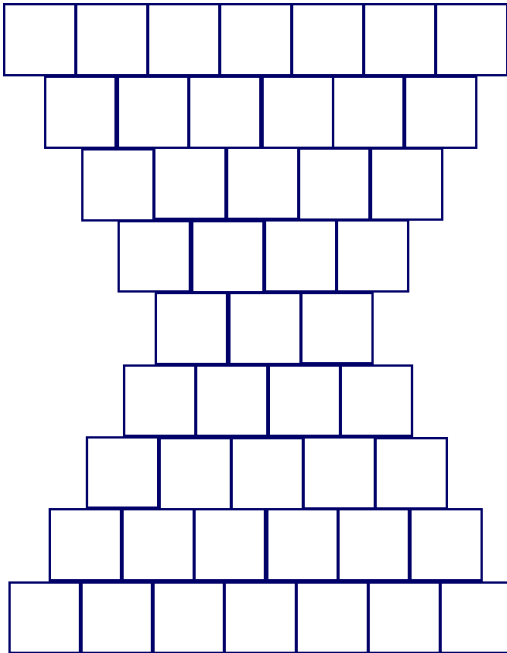
### My Role at Sandybeach Centre

I started in the role of Program Co-ordinator at Sandybeach Centre in September 2001. I immediately felt at home at Sandybeach and now have worked here for nearly 19 years! I have worked with 6 different CEOs during my time at Sandybeach and have seen many changes but the heart of our centre does not change. Many have said 'once you work at Sandybeach you never really leave'. I am now the Facilities Coordinator and have a Program Leader role in REACH teaching the 'Fit 'n' Fabulous' exercise class and as a support worker in the STEP Computers and iPads class. I love what I do and enjoy working with the staff, volunteers and students. I am passionate about working in the Community Sector.

## RIDDLE AND PUZZLES

**RIDDLE :** What question can you never answer yes to?

**WORD CASTLE:** Solve the clues. Each answer is an anagram of the word above - give or take a letter.



Occupies (first letter is I)

Give counsel to

A whispered throwaway remark

A thought

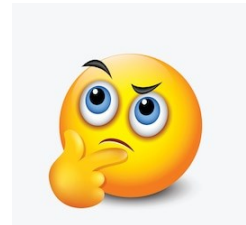
Lend a hand

A helper

Perfect

Joined forces

Dawdled or loitered



## 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!

M	O	N	E	Y
H	A	W	K	S

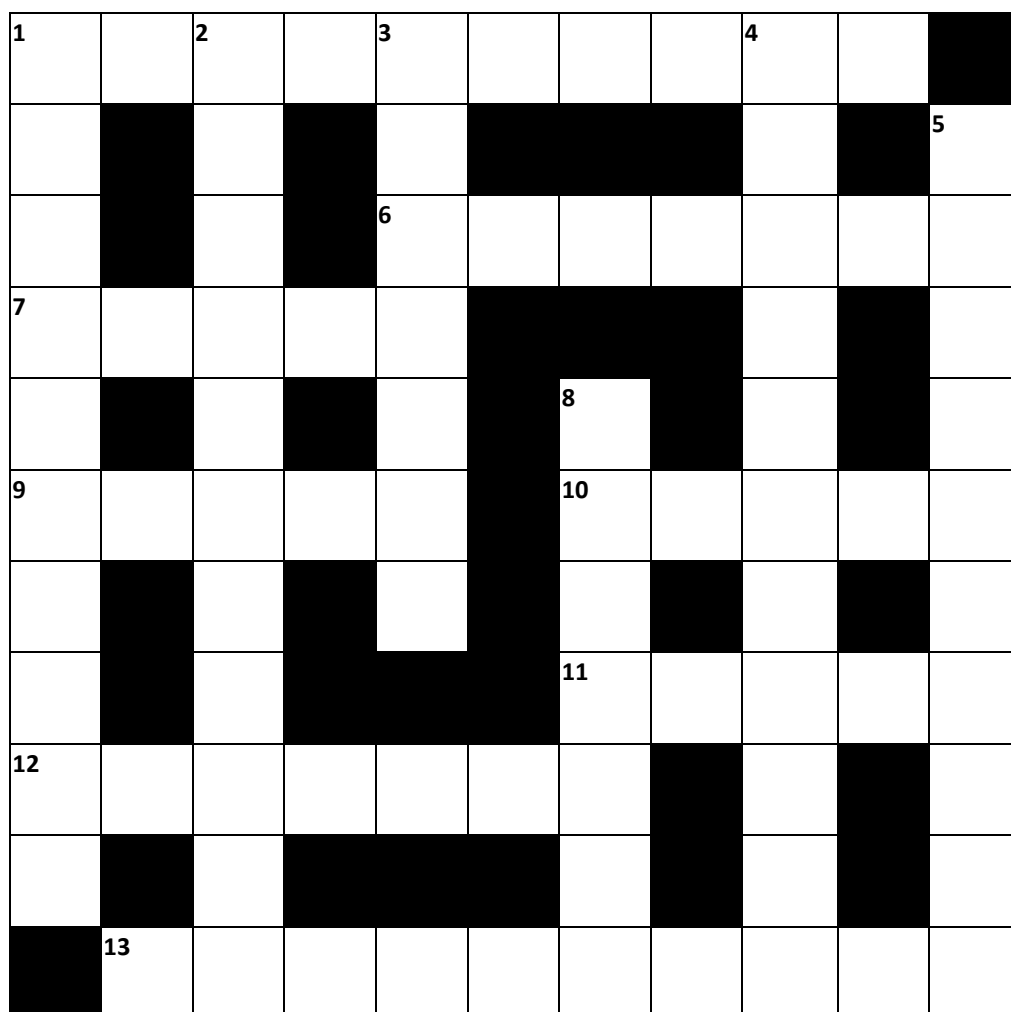
Saint left honesty, darling

Puts edge on most phones

Used horn and calls for geese

Bits of Tom's hair

## WEEKLY CROSSWORD AND A COUPLE OF LAUGHS...



### Across

1. In succession (4-2-4)
6. Enhance (7)
7. Combined figure (5)
9. Brush (with the law) (3-2)
10. Ignore the alarm clock (3-2)
11. Permit (5)
12. Vantage point (7)
13. Sheet of company's paper (10)

### Down

1. Majority (6,4)
2. Deciding ballot (7,4)
3. Hindquarters (4,3)
4. Laundry rope (11)
5. Renewed energy (6,4)
8. Worker shifting to various tasks (7)

## RECIPE OF THE WEEK



**THE BEST  
(AND  
EASIEST!)  
CHEESE  
SCONES  
(Makes 12  
big scones)**

### INGREDIENTS:

4 cups flour  
5 t baking powder  
2 t salt  
1/4 t cayenne pepper  
150g melted butter  
4 cups grated tasty cheese  
Milk to mix (about 500ml)  
Grated parmesan cheese to top

### METHOD:

- Preheat the oven to 170 deg C
- Mix the dry ingredients together using a whisk.
- Mix in the cheese then add the melted butter and fold in with a spoon.
- Slowly add the milk until it all just comes together.
- Turn out onto a floured bench then shape and cut into equal sizes
- Place close together in a greased oven dish.
- Brush the top with milk then sprinkle on the parmesan cheese.
- Bake for 40 minutes.

Best eaten fresh from the oven with butter!!

**Key: t = teaspoon T = Tablespoon**

## OUR AMAZING WORLD



Here is a time lapse photo of the Milky Way arching over Whangapoua and New Chums Beaches on the Coromandel Peninsula of New Zealand. The two bright clusters of stars to the left are the Large and Small Magellanic Clouds, distant galaxies like our own Milky Way. The bright glow on the horizon is light from Auckland, 3 hours drive away!

[www.hakannedjat.co.nz](http://www.hakannedjat.co.nz)

### KEEPING BUSY...

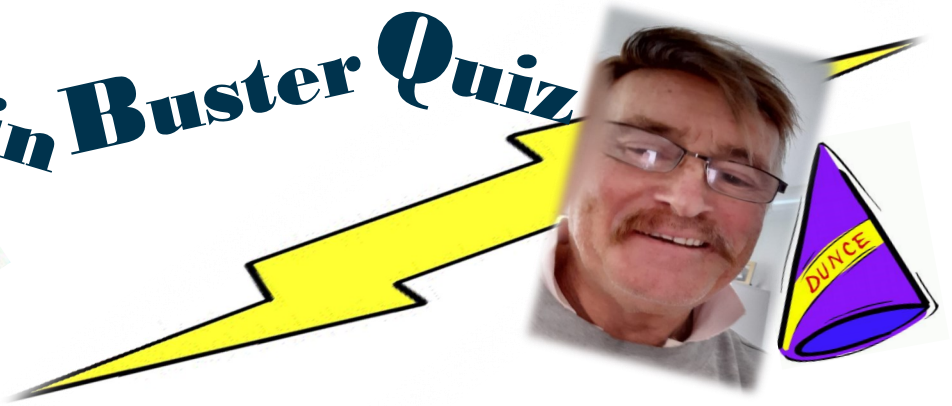
*If you are inspired by Sabrina's Haiku on page 12, why not write some yourself and share them with us?*

#### **What is haiku?**

*Haiku is a Japanese poetry form. A haiku uses just a few words to capture a moment and create a picture in the reader's mind. It is like a tiny window into a much larger scene.*

*Traditionally, haiku is written in three lines, with five syllables in the first line, seven syllables in the second line, and five syllables in the third line but you can do your own thing as Sabrina has done and still paint a picture for the reader!*

# Bill's Brain Buster Quiz



- Q 1** Tex Ritter sings ... *"I do not know what fate awaits me , I only know I must be brave, for I must face the man who hates me, or die a coward, a craven coward, or die a coward in my grave"* ... in which 1952 Gary Cooper and Grace Kelly classic movie ?
- Q 2** Name the dancer, actor, singer who was born in 1899 with his career starting with him dancing with his sister Adel and much later Ginger and Cyd .
- Q 3** Jack Nicholson stars with Susan Sarandon, Michelle Pfeiffer and Cher *(pictured)* who play the witches of what town ?
- Q 4** Who took office as Australia's first Prime Minister in 1901 ?
- Q 5** Name the "Puddin and Pie" nursery rhyme character who kissed the girls and made them cry .
- Q 6** Bette Davis and Joan Crawford played bitter jealous sisters in which 1962 movie ?
- Q 7** Tex Morton sang about which champion ... *"They cheered him from the grandstand, they cheered him from the flat, they said you little beauty, a real aristocrat, he never threw the towel in, a champion all the way, he comes from Goondiwindi, he's the ... "* ?
- Q 8** In the western series *"Bonanza"* - What was the name of the Cartwright family ranch ?
- Q 9** Name the movie star who won best supporting actress in 1980 for *"Kramer vs Kramer"* and the best actress Oscar for *"Sophies Choice"* in 1983 and *"The Iron Lady"* in 2012 .
- Q 10** Name the biblical character who loses his strength when Delilah cuts his hair .
- Q 11** Known as the sweater girl, who played Constance Mackenzie in *"Peyton Place"* in 1957 ?
- Q 12** In which 1960 Alfred Hitchcock movie did Norman Bates *(pictured)* say ... *"A boy's best friend is his mother"* ?
- Q 13** Name the big hit song from the movie *"Breakfast At Tiffany's"* .
- Q 14** Who wrote these words ... *"Some are born great, some achieve greatness, and some have greatness thrust upon them"* ?
- Q 15** Name the Toni Fisher 1962 song *"that wall built of our sorrow, we know must have an end, till then dream of tomorrow, when we meet again"* *(think East v West Germany)* .
- Q 16** Who said *"I never forget a face but in your case, I'll be glad to make an exception"* ?



*See back page for answers*

## ARMCHAIR TRAVEL:

### KOMODO ISLAND, INDONESIA

*contributed by John Turner*

In July 2017 we travelled on a P&O cruise ship from Perth to Singapore via Indonesia. One of the stops was Komodo Island, Indonesia.



Komodo is one of the 17,508 islands that comprise the Republic of Indonesia. The island is particularly notable as the habitat of the Komodo dragon, the largest lizard on Earth, which is named after the island itself. Komodo Island has a surface area of 390 square kilometres and a human population of over

two thousand. The Komodo dragon is carnivorous, growing to a maximum length of 3 metres and weighing up to approximately 70 kilograms. They are listed as “vulnerable” and Komodo National Park was founded in 1980 to aid protection efforts.

We boarded the transfer boat from the ship for the short trip to the Island jetty. We were welcomed by guides from the local village. They told us that we may not see a Komodo dragon as they were not always visible. Moments later a Komodo



dragon wandered into the village. An incredible sight. Our local guides had long sticks to prevent the dragon from getting too close to our group. The dragons have a venomous bite; there are two glands in the lower jaw which secrete several toxic proteins. We were advised to not get bitten (good advice!). After observing the dragons in the village and later in a clearing, it was time to transfer via boat to the “Pink” beach. Komodo contains a beach with “pink” sand, one of only seven in the world. The sand appears pink because it is a mixture of white sand combined with red sand, formed

from pieces of shell. It was a beautiful hot day. Locals were selling bottles of beer at inflated prices to the tourists. We swam and sunbathed, then returned to the ship.

As the sun set the ship departed the islands, and we enjoyed the magnificent views, and a glass of wine. An interesting and memorable day!





## Who's on Stage Today ?

### Marty Rose

Marty is an accomplished musician and singer who plays piano, guitar, bass and drums and started playing in bands at age 16. He is also a successful songwriter and in 1976 scored a recording contract with Australia's iconic "Mushroom Records" where he had a hit in 1977 with his self penned song "Memories of You".

Marty has travelled the world playing many venues throughout Europe, South Africa and Dubai. A highlight was performing for the Pope. Returning to Australia, he was in demand at many VIP parties - Kerry Packer, Lloyd Williams, Alan Bond to name a few - and dignitaries such as Prince Charles and Lady Diana.

Along with his solo career - Marty, together with a line-up of talented musicians from some of Australia's best known groups, has formed ... "The Marty Rose Band". They have just finished recording an album of original songs with input from all the members.



### Now Marty

Q. Name two of your favourite songs

A. "My Love" because it was my mum's favourite song which I sang at her funeral and if I had to pick another, only because I wished I'd written it, "Maybe I'm Amazed".

Q. Name a couple of your favourite artists ?

A. The Beatles, Steely Dan and Elvis.

Q. Tell us something we may not know about you

A. I'm terrified of getting into an elevator.

Q. What's the best gig you ever played ?

A. Probably my 60th birthday party, had some of my favourite musicians on stage including my son and there were 700 people in attendance. It was held at the Trak where my good friend Jamie Nasa arranged it at his magnificent venue.

Q. What do you like most about "Music Alive" at Sandybeach ?

A. I'd have to say ... Andrea Lees.



**MARTY ROSE BAND**

*"If not for you, I couldn't find the door, couldn't even see the floor,  
I'd be sad and blue, if not for you"*

Andrea Lees



## HAIKU

BY SABRINA BLOM

opaque blind  
a tangerine tulip petal  
detaches

toothpicks  
thornbill hops onto  
a fern

compost heap  
broken eggshells  
hold rainwater

ants race  
along the pavement  
two-lane traffic

moonless  
a dead blackbird lies  
among leaves

double take  
the cat sees his reflection  
in the window

evening light  
onions in the pan  
turn gold

heavy rain  
I eat your cloudberries  
straight from the jar

pale sunset  
car lights illuminate  
pink camellias

yacht race  
snail moves through  
moonlight

## WINTER TIME

BY ROBERT LOUIS STEVENSON

Late lies the wintry sun a-bed,  
A frosty, fiery sleepy-head;  
Blinks but an hour or two; and then,  
A blood-red orange, sets again.

Before the stars have left the skies,  
At morning in the dark I rise;  
And shivering in my nakedness,  
By the cold candle, bathe and dress.

Close by the jolly fire I sit  
To warm my frozen bones a bit;  
Or with a reindeer-sled, explore  
The colder countries round the door.

When to go out, my nurse doth wrap  
Me in my comforter and cap;  
The cold wind burns my face, and blows  
Its frosty pepper up my nose.

Black are my steps on silver sod;  
Thick blows my frosty breath abroad;  
And tree and house, and hill and lake,  
Are frosted like a wedding-cake.



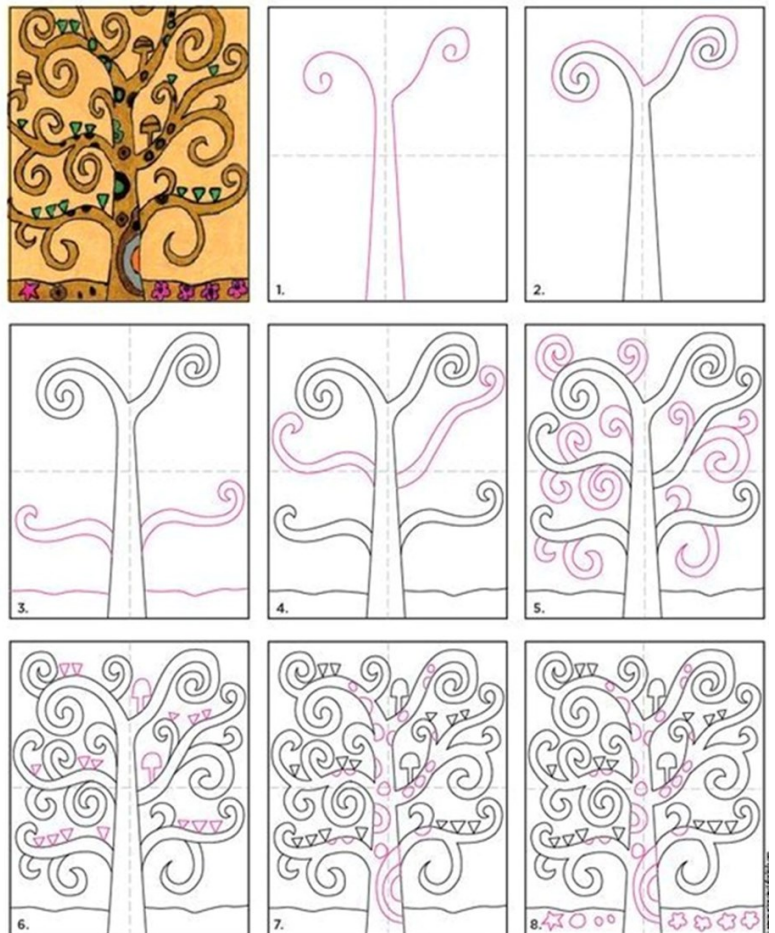
**Art and craft ideas for all!**  
*Get creative at home! We hope you will enjoy having a go at these activities!*



## Tree of Life

Be inspired by the artworks of Carla Gerard and Gustav Klimt in creating your own Tree of Life. The guide below may help get you started!  
 (Or you could use the template on our “Mindful Colouring” page)

**Which symbols might you add to your tree of life?**



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

## 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 contribution comes from Judith Dewar who attends Angel's exercise classes and Music Alive with Andrea. Here are a pair of teddy bears Judith has created during lockdown to keep her company. Patrick and Rupert. Very cute Judith! Thanks for sharing them with us! ❤️❤️**

**We love receiving your contributions so please keep them coming - send them by email to the above address or pop in the post.**



**Thanks from the  
REACHING OUT  
Team**





**A lovely pic shared during isolation by one of our Sandybeach Childcare families ♥**

Hi Carmela - I just had to share the Lego (level - 8yrs plus!) completed today over 4-5hrs! Taking after his older siblings!

## **DID YOU KNOW?**

*Contributed by Nick Turner*

### **The Loo of the Future!**

We all know the software and technology giant Microsoft! Most people use their equipment and services on a daily basis. But did you know that MSN (The British Microsoft News Subsidiary) planned on releasing a web integrated portaloo to help promote their company?

The “iLoo” was announced on April 30 2003, and was described as having “wireless broadband Internet, an adjustable plasma screen, a membrane wireless keyboard, a six channel speaker system, and toilet paper embossed with popular web site addresses”, and no, I’m not making that up. The iLoo was to debut at British summer music festivals and because of all this extra tech inside, they were going to be guarded by some form of security. Sadly they were never actually produced. Originally Microsoft joked that it was an April fools prank, however it was later revealed that it was planned, and prototype units were already being worked on, but it didn’t match the MSN brand (you don’t say), and due to so much negative criticism, the project was cancelled.



## QUIZ AND PUZZLES ANSWERS

## CROSSWORD SOLUTION

### RIDDLE ANSWER:

Are you asleep?

### INCRE-MENTAL ANSWER:

M	O	N	E	Y
H	O	N	E	Y
H	O	N	E	S
H	O	N	K	S
H	A	N	K	S
H	A	W	K	S

### Across

1. Back to back
6. Improve
7. Total
9. Run in
10. Lie in
11. Allow
12. Lookout
13. Letterhead

### Down

1. Better half
2. Casting vote
3. Tail end
4. Clothesline
5. Second wind
8. Floater

### WORD CASTLE ANSWER

I	N	V	A	D	E	S
A	D	V	I	S	E	
A	S	I	D	E		
I	D	E	A			
A	I	D				
A	I	D	E			
I	D	E	A	L		
A	L	L	I	E	D	
D	A	L	L	I	E	D

### BONUS JOKE:

A man is driving around town with a car full of penguins, he gets pulled over and the officer tells him that he needs to take the penguins to the zoo.

The next day the man is driving with his penguins again and is pulled over by the same officer, the officer looks at the man and says "Son, didn't I tell you to take those penguins to the zoo?"

"Yes officer you did, today I'm taking them to the movies"



## ANSWERS TO THE BRAIN BUSTER QUIZ

Q1: High Noon. Q2: Fred Astaire. Q3: Eastwick. Q4: Edmund Barton.

Q5: Georgie Porgie. Q6: What Ever Happened To Baby Jane.

Q7: Gunsynd (*the Goondiwindi Grey*). Q8: The Ponderosa. Q9: Meryl Streep.

Q10: Samson. Q11: Lana Turner. Q12: Psycho. Q13: Moon River.

Q14: William Shakespeare. Q15: West Of The Wall. Q16: Groucho Marx.